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THE NEW
Aristotle's Master-Piece,
OR
A COMPLETE DISPLAY
OF THE
WONDERFUL OPERATIONS OF NATURE,
IN THE
GENERATION OF MAN,
Being partly a new translation from
THE ORIGINAL GREEK,
ENRICHED WITH ALL THE DISCOVERIES OF
MODERN ANATOMISTS,
RELATIVE TO
THAT MYSTERIOUS AND IMPORTANT WORK.
WITH
A CHOICE COLLECTION OF RECEIPTS,
For most of the disorders to which the FEMALE
FRAME is incident.

BY W. M. RICKEMY, M. D.

PROFESSOR OF ANATOMY AND MIDWIFERY.

Nosce Teipsum.

PRINTED FOR THE BOOKSELLERS IN TOWN AND
COUNTRY.



P R E F A C E.

WHEN the author of the following sheets first conceived the idea of translating *Aristotle's Master-piece*, he had not the most distant thoughts of introducing it to the public in its present form: all that he then proposed being a more just and elegant version of that celebrated work, free from the vulgar errors and prejudices with which all the former attempts of a similar nature abound. But when he came to set seriously about the work, it appeared a matter of much greater difficulty to repair the old structure than to erect an entirely new one. For notwithstanding *Aristotle* was undoubtedly one of the greatest and wisest

men of his time, and paid a great deal of attention to the subject under consideration: yet it must be allowed, that the important discoveries which other eminent men and philosophers have made by treading in his steps, have proved that he was far from being so intimately acquainted with the “Secrets of generation” as many of his followers would make us believe. Indeed the professors of the present day have little to boast on this head, for though many discoveries are daily made which serve to throw a light on the subject, yet all of them when collected into a focus, are much too faint to illuminate this dark process of nature, sufficiently for our comprehension; her *modus operandi* being such as never to come immediately under the cognizance of the senses.

But

But however greatly I may have deviated from his opinion in some things, it has only been where the discoveries of modern anatomists have proved him in the wrong; wherever he appears consonant to reason and nature, no attempt has been made to controvert or set what he has left us aside; on the contrary, every thing that had the least appearance of proving useful to society, has been faithfully translated and inserted in its proper place in the present work.

Many of his chapters, however, appearing superfluous, have been entirely omitted, as having a tendency to swell the book to an enormous size, and render it of an extravagant price, without the least shadow of being beneficial,

cial, to any one. Among these, the principal ones are the chapters in which the signs of virginity are described, and that which treats of monstrous births. The former of these could only be of service in those nations where a man on discovery that his wife was not a virgin was authorised to put her away. Under our government it could only prove a source of unhappiness and discord, as it would only discover the evil, without pointing out a remedy, or even directing the sufferer to any thing that can in the least degree alleviate it. And if we are to believe, that the force of the woman's imagination has any effect in producing monstrous and misshapen births (of which I believe there can scarce remain a single doubt) what could be more preposterous than

to put a description, or figures of such into the hands of a pregnant woman? who might thereby have the fruit of their own wombs equally distorted, as was the case with a woman of which I lately heard an account, who happening to see a criminal broken on the wheel, brought forth a child sometime after, that had all its bones broken in the same manner as the malefactor; and yet lived many years, though undoubtedly a more miserable object could scarcely be conceived.

The account we have in Holy Scripture of Jacob's policy in putting decorated twigs before the cattle when they were about conceiving, in order to make them bring forth ring-straked, and speckled, is a clear proof that such objects as happen to strike the senses

at the time of conception, or during pregnancy, have great influence even on the brute part of the creation; and how much more forcibly matters of this kind are likely to be impressed on the imagination of rational ones, I shall leave my readers to judge for themselves, not doubting but they will be fully satisfied with my omitting such useless, not to say dangerous subjects.

The subjects which I have selected, and treated upon, will, I flatter myself, be found important, and the accounts of them full, clear, and intelligible, so that all who read may profit thereby, if it be not their own fault.

It was at first intended to have illustrated this work with a compleat set
of

of plates representing the organs of generation in both sexes; and a glossary, explanatory of the technical terms made use of in it, but the latter of these are in general so far explained as they occur, that a separate account of their signification would be only tautology: and I was deterred from giving the plates, by reflecting that the work might fall into the hands of the unmarried part of the other sex, and be productive of sensations or desires, which they could not gratify without rendering themselves criminal; or that the bare supposition of its coming into such hands might raise a blush on the cheeks of my readers, which is a circumstance I have in all other things, as well as in this, particularly endeavoured to avoid.

Indeed,

Indeed, I believe the descriptions of the parts will be found sufficiently clear and plain without the expence of plates, to answer every purpose of the fair sex, who cannot be at a loss in respect to any thing which is hereafter introduced, nor can the medical part of the world (should it fall into the hands of any such) misunderstand any part of what follows: and as to the other part of the male-sex, it is neither meet nor commendable for them to be informed about such matters as are here treated of.

As the great design of this undertaking was to acquaint the fair-sex with the manner in which generation is begun and perfected; I have been as explicit on that subject as the nature
of

of it would admit, I have likewise given ample directions to such as wish their conjugal careffes should prove prolific, how to manage themselves both before and after, as well as during the time they are engaged therein; I have likewise pointed out the several complaints to which a state of pregnancy exposes them who are its subjects; the assistance required in all kinds of labour, with the manner of treating all the disorders that precede or follow it. The manner in which new-born infants ought to be taken care of. And last, though not least useful, I have added a choice collection of the most valuable *family receipts*, many of which cost infinitely more than the price of this book.

In short, I have left nothing undone that could contribute to render it the most compleat and valuable work of the kind ever published; and I doubt not but the end proposed in writing it will be fully answered, which was no other than the ease and happiness of that amiable part of the creation, by whose concurrence and assistance under the direction of the first Almighty Agent, **MANKIND IS PROPAGATED AND HUMANIZED.**

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OR

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CHAPTER I.

THE PARTS OF GENERATION IN MAN.

WHEN the great Creator of the Universe made man, he implanted in his nature an irresistible propensity or desire to beget something like himself, or in other words, to propagate his species: and that this inclination which was given him for the best and wisest purposes, might not be frustrated, woman was formed as an help meet for him, and adorned with all that

——“Earth or Heaven could bestow
“To make her amiable”——

the better to allure and draw him on to that intimate converse and fruition, by which alone it was ordained his race should be perpetuated.

And as God crowned the union of our first parents with a blessing, and laid an injunction upon them to “be fruitful and multiply:” I humbly conceive that we
B are

are discharging an important duty while we indulge (under the sanction of matrimony) in the moderate enjoyment of those pleasures which are annexed to the business of procreation; for though the act of generation itself, and the parts subservient thereto, are deemed unseemly, and branded with shame and dishonour, when it is the effect of illicit and inordinate passion, yet when performed with an intention to answer the great design of its institution, it is both excellent and honourable.

In describing the several parts which are conducive to this great work, I shall endeavour to express myself in such a manner, that the most modest and virtuous may peruse it without a blush; and yet in as clear and intelligible language as the nature of the subject will admit, in order that every individual of that sex for whose use it is intended, may understand how a work in which themselves are so largely concerned is carried on from the moment of conception to the time of delivery; for want of which knowledge, and how to treat the various disorders to which a state of pregnancy

pregnancy exposes them, millions have fallen a sacrifice.

In order to speak more intelligibly of the generative organs in man, I shall divide them into three distinct classes, namely, those which prepare the *seed*, those in which it is contained after preparation; and those which expel it from thence, and convey it to the *womb*, the place appointed by nature for its reception, and where alone it can be rendered prolific.

And, first, I shall take notice of the *testicles*, or stones, which are two large glandular bodies of an oval form, serving to secrete or separate the *seed* from the blood, and prepare it for the work of procreation. They are cloathed with four different coats or *tunics*, the outermost of which is called the *scrotum*, from its resemblance to a purse; that being originally a name applied to any pouch, &c. made of skin or leather. This coat is very much wrinkled on the surface, and is furnished with many small *arteries*, *veins*, and nervous filaments, interspersed with fleshy fibres curiously interwoven and twist-

ed together. It is divided by a *suture* or seam lengthways into two equal parts, and is most commonly a little hairy.

Immediately under the *scrotum* lies the second *common* coat or *tunic*, which is called *dartos*; it is of a thin membranous substance, and furnished with numerous fleshy fibres, by the help of which the *scrotum* contracts itself, when exposed to the cold air, or stimulated by venery, either of which causes the fleshy fibres to shorten themselves, and consequently occasions a shrinking of the external parts with which they are connected. This coat likewise by its duplicature divides the *scrotum* into two distinct bags in which the *testicles*, invested by their *proper* coats are securely lodged, and separated from each other. These *proper* coats are called the *cremaster*, the *tunica vaginalis*, and the *tunica albuginea*, though the former of these can only be considered as a partial covering. It consists of muscular fibres, and surrounds the *spermatic chord*, terminating upon the upper and outer part of the *tunica vaginalis*, and serving to draw the
testicle

testicle, upwards. The *tunica vaginalis* is of a thin substance, loosely adhering to the *testicle* and surrounding it as it were in a sheath; and the *tunica albuginea* is a firm, white, and very compact *membrane*, of a smooth, glossy appearance. It immediately surrounds the body of the *testicle*, and the *epididymis* which it serves in some degree to connect with each other, but without extending itself at all to the *spermatic chord*. This coat confines the growth of the *testicles* and *epididymis* within certain limits, and by giving them a proper degree of firmness, they are enabled to perform their office with strength and vigour.

When this last coat is removed, we immediately discover the body of the *testicle* itself, which appears to be composed of innumerable very small and elastic fibres, each *testicle* consists of the *spermatic artery*, the *vein*, and the excretory vessels, or *tubuli seminiferi*, as they are called by anatomists. There are likewise many absorbing vessels, and several branches of nervous fibres to be met with in the body of the *testicle*.

The *spermatic arteries* take their rise from the *aorta* or great artery; and the right *spermatic vein* generally passes into the *vena cava*, but the left usually empties itself into the *emulgent vein* on the same side, and by that means avoids crossing the *aorta*, which it could not do, were it to pass like the other, into the *vena cava*.

The blood circulates but slowly through the *spermatic artery*, on account of the numerous circumvolutions, which it makes in the body of the *testicle*, where it deposits the *seminal liquor*, which is afterwards conveyed through the *tubuli seminiferi*. These little tubes run in short waves from the *tunica albuginea*, to the centre of the *testicle*, and are divided into several distinct portions, by certain thin membranous productions, which arise from the last mentioned *tunic*, or coat, till at length they unite, and by an infinite number of convolutions form a kind of appendix to the *testicles*, which has before been mentioned by the name of the *epididymis*. This is of an oblong figure, and has its place upon the upper part of each.

each *testicle*. The *tubuli* of the *epididymis* at last form an excretory *duct*, or passage, which is named *vas deferens*; this ascends towards the lower part of the belly, together with the other parts of which the *spermatic chord* is composed, and there a separation takes place: the nerves and blood vessels passing on to their several terminations, and the *vas deferens* to deposit its contents in the *vesicula seminalis*, which are two soft white bodies, situated in an oblique manner betwixt that portion, of the intestines called the *rectum*, and the lower part of the urinary *bladder*. From these reservoirs, which are abundantly furnished with blood-vessels and *nerves*, the *semen* or seed is (in the time of coition) discharged through two short passages, which open into the *urethra*, or great canal of the *yard*, close to a small tuberosity, called *verumontanum*.

Near this eminence is found a heart-shaped glandular body, called the *prostrate*, which is supposed to secrete a whitish cream-like liquor: this is discharged into the *urethra* at the same time, and in the

same manner as the *seed*, and to this it appears the colour of the latter is principally owing; together with a considerable portion of its visciditv.

The *penis* or *yard* (which must be considered as the active organ of generation) is of an oblong, roundish figure, but somewhat flat on the upper side. It is of various dimensions in different persons, both with regard to length and thickness, but a mean betwixt both extremes is most acceptable to the fair sex, and most conducive to the work of generation.

This member is composed of two columnar bodies, called the *corpora cavernosa*, and the *corpus spongiosum*: the first of which makes up the principal bulk of the *yard*, and may be described as two cylindrical ligamentous tubes, each of which consists of several minute cells, whose texture is spongy, and which have a communication with each other. They are pliable, and capable of being much distended, and being joined laterally, their union occasions a void space above and another below, the former of which

which is occupied by blood-vessels, and the lowermost by the *urethra*.

The *corpus spongiosum* begins as soon as the *urethra* has passed the prostate gland. It is thickest at the base, but grows gradually thinner, and encompasses the whole canal of the *urethra* till it terminates in what is called the *glans*, or *nut*, at the extremity of the *penis* or *yard*.

This *glans* or head of the *yard* is of an oblong figure, being somewhat smaller at the extremity, though at the lower part it is considerably thicker than the inferior portion of the *yard*. It is of a peculiar soft, spongy substance, and has for a covering a fine thin membrane, of most exquisite sensibility, which renders it the principle seat of pleasure in man, during the act of coition.

The *yard* is invested by the same common integuments as the other parts of the body, but the skin is reflected back on all sides from the *glans*, so that it covers that part when in a flaccid state, as it were with a hood, from which it has obtained the

name of *præpuce* or fore-skin; this part by moving backward and forward in the time of coition, greatly encreases the titillation, and adds to the pleasure of both sexes.

The *urethra* is a membranous canal passing from the *bladder*, through the whole length of the *yard*. It has in its course many small holes, or openings, called *lacuna*, which discharge an oily kind of liquor, for the purpose of defending the passage from the acrimony of the *seed* and urine.

The yard is furnished with three pair of *muscles*, together with many *arteries*, *veins*, and *nerves*, all of which contribute more or less to give it that degree of firmness and tension which is necessary for the important work of generation. The manner in which this part becomes erected is as follows. The blood is continually passing into the cells of the *yard*, through the small branches of the *arteries* before described, and it is from thence as constantly absorbed by the minute orifices of the *veins* with which it is furnished, while the *corpora cavernosa* and *corpus spongiosum* remain in a relaxed state,
but

but whenever the *muscles* are induced to contract (whether from libidinous thoughts, or any other cause) the veins undergo a certain degree of compression, and consequently the passage of the blood through them is considerably retarded, so that a greater quantity of blood is brought into the cells of the *yard* by the *arteries*, then the *veins* are in these circumstances able to carry off; the consequence of which is, a gradual enlargement of the whole member till it becomes fully erected. But when the causes which first occasioned this distension subside, it gradually returns to its natural state of flaccidity.

CHAPTER II.

THE PARTS OF GENERATION IN A WOMAN.

THE wise and gracious Being who made man out of the dust of the earth, and constituted him lord over all that he had made in this sublunary world: did out of his infinite love for him, create a second creature after his own image, and man's likeness, as a dear companion to help and assist him in all friendly offices, and be the instrument of his delight and happiness, as well as his partner in the propagation of his species: for which last purpose, nature hath furnished the female sex with proper organs of generation, different from those in man, and of which I am now going to treat.

Anatomists commonly divide the parts subservient to the work of generation in females into the external and internal parts. Under the first of these heads, they reckon the *mons veneris*, or mount of venus; the *labia*, or lips of the privities, the *perinæum*,
the

the *clitoris*, the *nymphæ*, and the *caruncula myrtiformis*, and under the latter the *vagina* or sheath, together with the *uterus*, or womb, and its appendages.

The *mons veneris*, or mount of venus, is situated before, and on the upper part of the *pubes*; its outward part is skin, which in adults is covered with hair, and its inward part, which renders it protuberant, is composed of soft spongy fat. Nor have those who stile it the soft pillow of venus much misnamed it, as it appears designed by nature to keep the share bones of the two sexes from grating against each other, while sacrificing to that wanton goddess. About the middle of its inferior edge, it is divided into two equal, prominent parts, which are called *labia pudendi*: these descend about three inches downwards, and backward, after which they unite, and together make up the *perinæum*. This is the fleshy part which occupies the space betwixt the joining of the *labia* and the *anus*, and is seldom more than an inch and half in length.

The *labia pudendi* being separated, or held apart, there is seen a deep *fulcus*, called *fossa magna*, or the great cleft. It is covered with a red, and very smooth *membrane*, and at the upper part of it, is situated the *clitoris*, which is a protuberant part, terminated by a *glans* or nut, something similar to that in men, but smaller, and without any perforation. This part is of different sizes in different women, but it is generally smaller in maids, than in women that have been often enjoyed. It is of a vascular substance, and very full of *nerves*, *arteries*, &c. to allow of a greater irritation in the time of coition: during which it is erected in the same manner as the *yard*, and is supposed to be the principle seat of venereal pleasure in women. In some subjects this part is so large as to hang down two or three inches without the *labia* and to this preternatural appearance of the *clitoris*, is owing all the fabulous accounts that have been given to the world of *hermaphrodites*, or persons who are of both sexes.

Immedi-

Immediately from the *clitoris* there passes on each side, of the *fossa magna*, downwards and outwards, two high folds, or doublings, called *nymphæ*. They are of an oval form, and a soft spongy texture, and like the *clitoris* they are commonly larger in women that are experienced in the rites of venus, than in maids who have never indulged in venereal embraces. The office of the *nymphæ* is to cover the urinary passages, as well as to close the entrance into the *vagina* or sheath, and to embrace the *penis*, and increase the pleasure during the time of copulation.

Below the termination of the *urethra* or urinary passage, which is situated a little beneath the *clitoris*, there is found sometimes a thin *membrane* called *hymen*, with a small perforation in the centre for the *menfes* to flow through, and whenever this *membrane* is found entire, it is supposed to be an indubitable sign of virginity; but it is no infallible token that virginity is lost, when this *membrane* cannot be discovered, as it is frequently broken by an immoderate

rate flow of the *menfes*, or by the party introducing a finger into the *vagina*. Adjoining to the *hymen* are four small angular protuberances, called *caruncula myrtiformis*, from the resemblance they are supposed to have to the berries of the myrtle tree. These *caruncula* in women who have had children, become very obtuse, and are frequently entirely obliterated; but in virgins they are plump, and of a reddish colour.

The *vagina*, or entry to the *uterus* or *womb*, is situated betwixt the *urethra* and that portion of the intestines called the *rectum*, in the virgin state it is commonly about four inches in length: but in women that have born children it becomes shorter, its substance is muscular, and in thickness about equal to the *bladder* of urine, but more dense, outwardly it is surrounded by a cellular substance, which connects it with all the neighbouring parts: namely, its anterior side to the *os pubis*, *urethra*, and neck of the *bladder*, and its posterior side to the *rectum*. Its inner surface is coated with the continuation of
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the same *membrane* that covers the entrance of the privy parts; but it is much thicker here than in that part, and rises up into many transverse *rugæ*, or folds, especially near the orifice: the use of which are, that it may be dilated with the more ease and pleasure by the man's instrument in the time of copulation, for then all these folds or plaits are obliterated, and the *vagina* contracts itself and closes upon the *yard*, that so by the friction, or rubbing of the *glans*, and this part together, the pleasure natural to fruition may be rendered the more exquisite.

And the *vagina* is not only furnished with many folds and wrinkles, but pinked with several small holes, which are larger, and more numerous, in the parts adjoining the urinary passage; out of these holes distills a quantity of serous liquor into the cavity of the *vagina*, which is very evident in the act of copulation, for then it is pressed out in such large quantity as to flow down the woman's external parts, and by reason that the women are greatly delighted by the
discharge

discharge of this thin watery humour, many have supposed it to be the woman's seed.

The *womb*, or *uterus*, is properly speaking, a continuation of the *vagina* or sheath: it is situated between the *bladder* and the *rectum* with its *fundus*, or largest end upwards, and the smallest end in which is the *os uteri*, or entrance into it downwards, and projecting about half an inch, into the upper part of the *vagina*. It is flat, and its form is somewhat triangular, two of the angles being upward, and the other downwards. In virgins, and those that are not pregnant, it is usually about three inches long, and about two and three quarters broad at the *fundus*, but at the part where it is connected with the *vagina*, its breadth is seldom more than five eighths of an inch.

Its diameter in thickness is likewise greater at the *fundus* than towards the neck, being usually about an inch and a half at the first mentioned place, and not more than half an inch at the latter.

The passage, or entry through the neck into the cavity of the *womb*, is about an
inch

inch long, and two eighths of an inch wide, so that it will easily admit the pipe of a large syringe.

The cavity of the *womb* corresponds in form with its external figure, for it is triangular, and from the neck to the *fundus*, it usually measures about an inch and a half, and in depth two eighths of an inch, its substance appears to consist of many *glands* interwoven with numerous small ligamentous fibres, *nerves*, *veins*, and *arteries*.

The inner coat, especially the part which lines the neck, is a continuation of that *membrane* which lines the *vagina*; at the neck its surface is smooth, but notwithstanding it rises up into several plaits or folds like those before described near the entrance into the *vagina*, only they are smaller: and the inner surface of the body of the *womb* is covered with a fine fibrous shaggy substance, amongst which there appear many small apertures, through which it is supposed there is a thin serous matter forced into the cavity of the womb, which greatly adds to the woman's pleasure in the venereal congress.

The external coat of the *womb* is only a reflection of the *peritonæum*, which flying off from the sides of the *pelvis*, and lower side of the neck of the *bladder*, covers the whole *uterus* or *womb*, and afterwards by passing off from the sides of the *womb*, to the *pelvis*, it becomes there firmly connected, and forms what are called the broad *ligaments* of the *womb*, and these serve not only to support it in its proper place; but also to convey *nerves* and blood vessels to it from the sides of the *pelvis*.

Besides these, there are others of a like nature, called (the better to distinguish them from each other) the round *ligaments* of the *womb*. These take their rise from its edges immediately below the *fallopian tubes*: and passing along within the fore part of the broad *ligaments*, they afterwards ascend the sides of the *pelvis*, and then making a turn downwards, and inwards, they at last terminate in the substance of the *mons veneris*, or mount of venus before described.

From what has been said about the origin, insertion, and direction of these *ligaments*, it appears more than probable that they

they assist both in bringing the *womb* lower and closer to the *os pubis* in the time of *coition*, that it may receive the man's seed in a direct line: and also in exciting the *fallopian tubes* to perform their functions in the act of generation. Both these and the broad *ligaments* are of a *vascular* substance, and though they admit the *womb* in virgins to move little more than an inch up and down, yet in the pregnant state they admit of very great distension, and yet recover their former size and tone with surprising quickness after child-birth.

The *fallopian tubes* begin on each side of the *womb* by a very small orifice on the inner surface not far from its bottom; and after passing through its substance in an oblique direction downwards, and outwards, they run along the edge of the broad *ligament*, till they arrive at the edge of the *pelvis*, where they are reflected back, and turned over behind the *ligaments*, having about an inch of their extreme part hanging loose in the *pelvis*. These extremities of the *tubes* are jagged like fingers: the *tubes* themselves

are about three inches long; and their cavities at the inner orifice are very small, but towards the jagged ends they become gradually wider.

The *ovaries* (or testicles as many have supposed them to be) are situated behind the *fallopian tubes*, one on each side, and about an inch from the body of the *womb*, to which they are attached by the upper edge of the broad *ligaments*, at one of the doublings which they make. They are flat, and of an angular form, the largest side being about an inch long, and the other two about three quarters of an inch.

Their substance appears white and *glandular*, and they are covered with a part of the *peritonæum*, but hang loose in the cavity of the *pelvis*, just behind the broad *ligament*, and very near the broad and jagged extremities of the *fallopian tubes*.

The *womb* is supplied with blood by the *spermatic* and *hypogastric arteries*, and veins of the same name serve to convey it back. The *spermatic arteries* take their rise from the *aorta*, or great trunk (but sometimes they

they rise from the *arteries* of the kidneys) and proceed to the sides of the *pelvis*, and from thence direct their course along the duplicature of the *broad ligament* to the *ovaries*, which receive several branches from them, after which they pass along the *ligaments* of the *ovaries*, and there meet with the branches of the *hypogastric artery*, which unite, and send several small branches into the substance of the *womb*, where dividing into smaller and smaller branches, they at length lose themselves, and become imperceptible.

The veins of the *womb* are only continuations of those branches of the *arteries*, which have not lost themselves by uniting with the branches of other *arteries*; and they are so extremely numerous and intermixed with each other, that no regular description of their course can be attempted. They are capable of being enlarged to a very great degree, so that in a state of pregnancy, some of them will easily admit the end of one's finger, especially near the parts where the *arteries* enter, at which
places

places they unite into four large trunks (two on each side) called the *spermatic* and *hypogastric* veins.

Besides the blood-vessels, there is another class of vessels with which the womb is furnished, namely, the *Lymphatics*; which contain a pellucid fluid called *lymph*. These vessels are too numerous, and their distribution too intricate, to be particularly noticed. And their origin and use has but lately been ascertained. There are likewise many *excretory glands* in the *womb*, particularly on its inner coat, from whence that weakening discharge called the whites doth chiefly proceed.

The nerves of the *womb* are likewise very numerous, as is evident from its extreme sensibility, and the sympathy that appears to subsist between that organ and all the other parts of the body.

CHAPTER III.

OF THE MENSES, OR MONTHLY TERMS.

THE fair sex are subjected by the laws of nature, to a monthly discharge of *blood*, called the *menses*, which appears to flow chiefly from the lateral orifices of the *veins* with which the *womb* is furnished. In this country, they usually appear about the age of fifteen, and cease about forty-five or fifty.

The time of their periodical appearance is monthly when they are regular, that is to say, when they have continued three or four days, they go off, and return about the beginning of the fourth week from the time of their commencement. Before their first appearance, the party is most commonly heavy, short breathed, affected with pains in the head, and terrified with frightful dreams. The pulse is frequently oppressed: the face of a yellowish hue, with a dusky colour about the eyes, the breasts

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swell, and grow painful, and at the approach of the eruption, she generally feels a pain about the loins, attended with a sense of bearing down. In some the approach is indicated by a swelling of the *lips* of the *privities*, with great heat and tension in the *vagina*.

For the most part, they break forth pretty copiously, with a fresh red colour, and thus continue for the space of three or four days, after which they become paler by degrees, and at length entirely cease till the next period.

The quantity of blood discharged at each eruption, differs greatly in different subjects, but it is seldom less than an ounce, or more than four, if the party is in health.

When the discharge is over, the woman finds herself relieved from all her disagreeable sensations, and appears lively and florid. Her appetite is mended, the swelling of her breasts subsides, her pains are felt no more, and she enjoys uninterrupted health till within a day or two of the next period, at which time the same disagreeable symptoms return, but not so violent, and the *menfes* make

make their appearance, continue, and go off as before.

This is a description of the most regular manner in which the *menfes* return, but some women have them every fortnight, others only every five or six weeks, and there have been instances of women that never had them at all, and yet enjoyed a good state of health. But in general, such women as have them very irregularly, or in too great or too small a quantity, prove barren; or if they happen to conceive, miscarry. It cannot therefore appear strange, that so many women are sterile, if we consider how many causes may concur to render them unprolific, and how often the fault is on the part of the man, whose defects may probably be as great, if not greater, than the woman's.

CHAPTER IV.

OF GENERATION AND CONCEPTION.

NOTwithstanding the researches of the curious and inquisitive, in almost every age of the world, have been directed to discover the manner, in which the great work of generation, is carried on; there is yet but little known with certainty, respecting it; nor is this in the least strange, when we consider the secret manner in which it is conducted, and how little knowledge we have of the original causes of things, which are not involved in half so much obscurity and darkness as the subject now before us.

But though the enquiries of both ancients and moderns, have been rather unsuccessful in determining the mode in which generation is effected, they are at least curious and interesting: and as it is impossible to say how far they may be successfully pursued by repeated and accurate observation, I shall present the reader with a short view
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of the principal opinions which these enquiries have given rise to, concerning it, together with such facts as have a tendency to throw light upon this intricate and mysterious operation of nature.

The first general opinion was, that the *male seed*, was sufficient of itself, to form the *fœtus*; and that the woman contributed nothing more to the work, than by giving it lodging, and supplying it with blood, to nourish it during its stay in the *womb*.

The next opinion that I meet with, is, that the *fœtus* is formed by a mixture of the *seminal liquor* of both sexes in the *womb*, in the following manner. The *seed* being injected into the *womb* in the act of copulation, the orifice of that organ contracts, and shuts it in, after which, the *seed* being pressed by the *womb*, all its particles begin to arrange themselves in their due order and places, so that those suited for the head always assemble where that part is to be, and those which are destined to compose the other parts of the body, likewise, take their different stations.

The third opinion is founded on the discovery of *vesicles*, or *eggs* in the *ovaria*, or *testicles* of females, and confirmed by some *fatufes* having been found in the *fallopian tubes*, and the cavity of the *belly*.

According to this opinion, the female *testicles* resemble a bunch of grapes, and consist of a number of *vesicles* or little *bladders*, each of which is furnished with a stalk, that it may be detached from the others, without damaging them, or spilling its own contained liquor. In each of these *vesicles* there is supposed to be contained a small animal; and the vapours arising from the *male seed* after it is injected into the *womb*, being conveyed to the *testicle*, swells the *vesicle* which is ripest or nearest to maturity: in consequence of which it disengages itself from the others, falls into the cavity of the *fallopian tube*, and is by it conveyed into the *womb*, where it sends out small roots or fibres, which in the end, together with others, which rise from the *womb* itself, form a large assemblage of *vessels*, called the *placenta*, by which it receives its nourishment.

nourishment. This opinion is diametrically opposite to the first, for according to this, the woman both supplies the necessary *seed*, and not only gives it lodging, but nourishment till the time of its expulsion, whereas, the man contributes only *spirits* to animate and impregnate the *egg*.

The next opinion was raised by the supposed discovery of *animalcula* in the *male seed*, which, according to this theory, is thrown by the *penis*, or *yard*, into the cavity of the *uterus*, from whence it passes into the *fallopian tubes*, and from thence one of the *animalcula* finds its way, not only into the *testicle*, but into one of the *vesicles* or *eggs*, which swelling and falling into the mouth of the before-mentioned tubes, is conveyed thereby into the *womb*, as described in the preceding article.

The last opinion that I shall mention, is that founded on the doctrine of absorption; and in my opinion, this appears the most rational of any. For as there does not want well attested cases of women conceiving and bringing forth children, while the orifice

of the *vagina* has been so closely shut up by the *membrane* called *hymen*, that they could not admit the embraces of their husbands, till the parts were divided by a surgical operation; it is evident, that the man's *seed* could not be thrown into the cavity of the *womb*, to form the *fetus* according to the first opinion; to mix with the woman's *seed*, according to the second; to bedew the inside of the *womb*, and with its vapours to impregnate the *egg* in the *testicles*, according to the third; nor to be conveyed to them by the *fallopian tubes*, according to the fourth. Nor does there appear any way to solve this phænomenon, but by supposing that the man's *seed* (which in these cases could pass no further than within the *lips* of the *privities*) is absorbed into the circulating fluids, and by them carried to the *testicles*; where meeting with an *egg* ready for impregnation, it is by those fluids carried into it, and renders it prolific. And if two or more of these *eggs* happen to be ripe at the same time, they are of course both impregnated, and the woman at the natural time

time brings forth the same number of children.

The notion of the *seed* being absorbed, in the manner above hinted at, may at first sight be thought strange; but if we attend to many of those effects which are every day produced in the human body, by a similar process, the wonder will vanish.

It is well known that there are substances, which when applied to the surface of the human body, are absorbed and circulated with the fluids, because their effects appear at very remote parts from those to where they were applied; and several of these substances act constantly and uniformly on certain parts only, as *mercurials* on the glands of the mouth; *spanish flies* on those of the kidneys, and the *matter* taken from the *pustules* of the small pox on those of the skin.

And sometimes we find that the substances alluded to, have a determinate time in which they compleat their agency on the body, as is evident in inoculating for the small pox, where the patient usually sickens about the eighth or ninth day.

Now, as we are sensible that such effects as I have just been mentioning, are really produced daily in our bodies, why should we think it improbable for the *seed* to be absorbed in a similar manner, even through the pores of the external *privities*; and indeed if we set aside the doctrine of absorption, we shall find a very great difficulty in accounting for the non appearance of the male *seed* in the *wombs* of such animals as have been dissected immediately after copulation; a fact, the truth of which is confirmed by the testimony of the best and most accurate anatomists, and which appears to me a sufficient proof (were there no other) of the truth of the doctrine in question.

How, or in what manner, the contents of the *egg*, in the female *testicles* is so changed by the presence of the *male seed*, as then, and not before, to be able to arrange themselves into the parts of an animate body, I shall not take upon me to explain. We know that such an effect takes place, but in what manner it is produced, will perhaps never be fully known. I shall therefore

fore conclude this abstruse part of the subject, and proceed to the discussion of matters, which by coming more immediately under the cognizance of our senses, are consequently better understood, and more easily demonstrated.

CHAPTER V.

OF THE FOETUS IN THE WOMB.

HAVING endeavoured in the last chapter, to trace the operations of nature in that obscure part of generation called conception. I come now to speak a little of the formation, increase, and nourishment of the *foetus* or child, during the term of its confinement in the *womb*. And, first, I shall describe as exactly as possible an *ovum femininum*, as it appears when discharged from the *womb* in the second or third month after

conception ; secondly, give a brief account how the circulation is carried on betwixt it and the mother ; thirdly, add some observations made by different authors ; and, lastly, make some occasional remarks on the whole ; and then conclude with an inference from this and the foregoing chapters.

An *ovum* about the tenth or eleventh week after conception, is generally about the size of an hen's egg, which it very much resembles in figure. The internal parts are the *funis*, or navel-string, the *fetus*, or child itself, and a liquor called *liquor amnii* : the *secundines* or *membranes* by which these are inclosed, at this time generally weigh somewhat more than half an ounce, the *fetus* a scruple, and the *liquor amnii* an ounce. These *membranes*, which are three in number, are called *caduca*, *chorion*, and *amnios* ; the discovery of the first of these we owe to the late indefatigable Dr. Hunter, before whose time the walls (as they are called) of the *ovum* were supposed to consist only of the *placenta*, the *chorion*, and the *amnios*.

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The *membrana caduca*, is thick and of a spongy substance (especially where it approaches the *placenta*) and is furnished with several small vessels and fleshy fibres, which rise up on the outside and exhibit a shaggy appearance.

The *placenta* consists principally of this membrane, and at this period of gestation it generally spreads itself over a considerable portion of the *chorion*.

This last mentioned *membrane* is of a clear substance, and furrounds the whole *ovum*: on the outside there are some few protuberances, occasioned by the rising up of fleshy fibres, but the inside is pretty smooth.

The *amnios* likewise encompasses the *ovum*, and is a very strong transparent *membrane*; the outside of which is a little rough, and adheres lightly to the *chorion*, but the inner surface (to wit, that which is next the child) is extremely smooth.

The *funis umbilicus*, or navel-string, takes its origin from about the middle of the *placenta*, and at this time is about an inch in length,

length, and as thick as a moderate sized probe, but at the time of the birth it is frequently a yard or more in length, and as thick as one's little finger. It is composed of one *vein*, and two *arteries*, and is covered by an elogation of the *chorion* and *amnios*.

At this period the *fœtus* is in general so distinctly formed, that the cavities of the trunk are closed, and the eyes, nose, mouth, ears, limbs, fingers, and toes may all be perceived by the naked eye. It is about the size of a bee, of a white jelly-like substance, and the head is nearly as large as all the other parts of the body put together.

The *liquor amnii* is a thin pellucid fluid, which is sometimes tinged with a reddish colour, and has a saltish taste. Various are the opinions of the learned respecting the uses of this liquor, some supposing that the *fœtus* is entirely nourished by it, others, that it does not serve for that purpose at all, and a third class, that it is partly nourished by this, and partly by such fluids as are conveyed to it by the *umbilical veins*.

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To me it appears that the use of this liquor is first to contain and suspend the rudimental parts of the *embryo*; and, secondly, to defend those tender parts, during the time of their formation, from being defaced or injured; which could not be avoided did not the *embryo* swim in a fluid. It may probably have other uses, but these appear to be the principal, and it was not my design when I begun these sheets to increase their number by a string of suppositions, which, however curious they might appear in themselves, could serve no other purpose but that of rendering the work unintelligible.

In the *fœtus*' state there are several pervious *vessels*, which are not found to continue so in the *adult* state; namely, the *umbilical vein*, *duetus venosus*, *foramen ovale*, *duetus arterosus*, and the two *umbilical arteries*, all of which I shall here briefly describe, as a knowledge of them will give some idea of the manner in which the child is nourished, and the circulation kept up betwixt it and its mother, during the time of its abode in the *womb*.

The *umbilical vein* is at its origin (in the spongy part of the *placenta*) composed of an infinite number of small *sanguineous vessels*, which, by degrees are converted into larger ones, and these near the root of the *navel string* all join and form one large trunk, which passes to the *navel* of the *fœtus*, and from thence to the *liver*, where it enters and terminates in the *vena portarium*.

The *ductus venosus* takes its rise from one side of the *vena portarum*, almost opposite to the part where the *umbilical vein* terminates, and from thence proceeds directly to the great trunk of the *vena cava* which it likewise enters.

The *foramen ovale* is an immediate passage from one *auricle* of the heart to the other.

The two *umbilical arteries* take their rise from the internal *illiacs* on each side of the *urinary bladder*, from which, after being reflected back they pass directly to the *navel*, and running from thence along the *navel string* to the *placenta*, they are there divided into innumerable branches, the extremities of which communicate with the ramifications of the *umbilical vein*.

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These things being premised, it appears that the nutrition of the *fœtus*, and the circulation between it and its mother, is carried on in the following manner.

The *placenta* being a spongy body, and adhering to the surface of the womb, receives the contents of the *uterine arteries* which open for that purpose, and discharge themselves into its cells: and the *veins* of the *womb* opening themselves in like manner into these cells, the *blood* from the *placenta* returns by them, and is carried back to the *heart*. But besides this circulation of the *blood* through the cells of the *placenta*, there is another carried on by means of *arteries* from the *child*, whose branches passing through these cells discharge their *blood* therein, and this is returned to the *fœtus* by corresponding *veins*, with perhaps an additional quantity that has been sent there by the *arteries* of the mother.

Whilst the *placenta* adheres in this manner to the surface of the *womb*, and receives a supply of fluids from the mother; those fluids are absorbed, or taken up by the small branches

branches of the *umbilical vein*, and being conveyed by them into the main trunk of that *vein*, they are carried to the *vena portarium*, which sends a portion of them immediately through the *liver*, and the remaining part straight forwards to the *vena cava* through the *ductus venosus*.

The ascending and descending parts of the *vena cava* uniting themselves into one trunk, they are poured by it, together with the rest of the circulating fluids, into the right *auricle* of the *heart*. And from thence a considerable part of them, thus mixed, rushes through the *foramen ovale* into the left *auricle*, from that into the left *ventricle*, and from that into the *aorta*, or great *artery*, without ever passing through the *lungs*. The other part which did not pass through the *foramen ovale*, is carried from the right *auricle* through the right *ventricle* into the *pulmonary artery*, which conveys about one half of it to the *lungs*. For, as it is thrown by the *ventricle* into this *artery*, one part of it is carried by the *ductus arteriosus* immediately into the great *artery*.

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The portion sent to the *lungs* is brought back, and forced into the left *auricle* of the *heart*, by the *pulmonary vein*, where it mingles with that which continually passes through the *foramen ovale*, and after passing through the left *ventricle*, is discharged altogether into the great *artery*, which distributes it to all parts of the body as in grown persons.

Now, as part of the *blood* passes on to the lower extremities, some of it is detached by the *umbilical arteries* and carried to the *placenta*, where part of it is again taken up by the *umbilical vein*, and the remainder is taken up by the small branches of *veins* which open into the cells of the *placenta* from the *womb* and mixes with the circulating fluids of the mother, as before observed.

Hence, it is evident, that the *fœtus* has three different modes of circulation, namely, one by absorption betwixt the *placenta* and *womb*; one between the *placenta* and the *fœtus*, and another within the *fœtus*. And it likewise appears from observations made for
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that purpose, that about one fourth part of the vital fluid passes through the *placenta*, another fourth part is carried through the *lungs*, and the remaining half is circulated through the other parts of the body, in the same manner as in adult persons.

Thus having considered how the *fœtus* is nourished during its stay in the *womb*, and the manner in which the circulation betwixt it and the mother is carried on, I shall proceed to lay before my readers some remarks of different authors respecting its formation.

Hippocrates, that prince of physicians, says, that the male infant is formed in thirty, and a female in forty-two days, and that the members are all distinguished and increased at the same time; he allows, however, that those which are naturally the largest, are perceptible before the more minute, though he denies that they exist a moment before them.

Aristotle's opinion on this subject, is very different, for he positively asserts, that the parts of the *fœtus* are not all formed together,

gether, but progressively, one after another. And the first which exists, he says is that genital particle, from which, as from their original, all the other parts do proceed.

The *heart*, he remarks, is first actually to be distinguished, and after that, the *lungs*, *liver*, and other *viscera*.

De Graaf having minutely inspected rabbits, at half an hour, six hours, two, three, four, six and seven days after copulation, during which time he viewed the eggs before they were detached from the *ovaria*, while they passed through the *fallopian tubes*, and after they arrived at the *womb*, observes that their contents, had all this while the appearance of a limpid fluid, on the eighth day a small white cloud appeared in the central part of the *egg*: on the ninth this appearance was very distinct, and on the tenth, he discovered in the center of the fluid, the rude lineaments of an *embryo*, resembling a small worm, and appearing of a jelly-like consistence.

On the the twelfth day, he perceived the head, and members, and two bloody points were visible in the region of the breast.

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The fourteenth day exhibited the following appearance. The head was pellucid, the eyes prominent, the mouth open, and the trunk began to form. The two bloody spots in the breast being now considerably enlarged, proved to be the first rudiments of the *ventricles* of the *heart*, near the sides of which, and in the place of the *lungs* appeared two white specks, which were undoubtedly the first rudiments of that organ.

In the body, which was open before, was to be seen the *liver*, inclining to a reddish colour, together with the first rudiments of the stomach and intestines. By the twenty-ninth day, the formation was completed, and the *fœtus* ready for the birth, which in this animal happens about that time after coition.

I shall conclude this chapter with the following inferences, which I think may be reasonably deduced from it, and that preceding it.

First, That the *fœtus* does not exist all at once, but has its parts added progressively, by an accretion of their respective constituent particles.

Secondly,

Secondly, That the *heart, vessels, navel-string, &c.* are the first existing parts.

Thirdly, That the *heart* begins to act a considerable time before the *fœtus* is compleately formed.

Fourthly, That so soon as the motion of the *heart* begins, the *fœtus* becomes an agent in itself, for if we consider the structure of the parts, we must be convinced that this action cannot arise from the force of the mother's *heart* and *arteries*, nor in any respect depend upon them, any otherwise than that the bodily parts receive nourishment by means of the *placenta's* absorbing it from the inner surface of the *womb*.

CHAPTER V.

OF THE SIGNS OF CONCEPTION.

THE propensity that nature has implanted in men and women to propagate their own likeness, draws them in an almost irresistible manner, to make use of the means ordained for that end ; for the parts appropriated to the work of generation, are endowed with such a delightful and mutual itch for copulation, that neither sex, I believe, reflect beforehand, on the consequences which attend this action, being wholly taken up in contemplating, and thinking on the pleasures of enjoyment. Was not this the case, perhaps the men might be deterred from the action, by reflecting on the uncleanness of the parts appropriated to the work ; and the women, by thinking on the many inconveniencies and hazards to which their great bellies subject them, beside the unavoidable pains which attend their delivery

very. But neither the man, nor the woman reflecting on these matters, they proceed to enjoy each other, and if the woman is at that time naturally disposed to conceive, the man's *seed* as it ejaculates from the *yard* in that act, passes (at least part of it) into the *womb* which presently closes and retains it there till it is absorbed in the manner described in the preceding chapter, after which conception naturally follows.

But as it is often of the greatest consequence to the woman, to know with certainty whether she has conceived or not, I shall here take upon me to enumerate the several symptoms which attend this operation of nature, that none may (on finding themselves indisposed) have recourse to means which would injure themselves, or the fruit of their *wombs*.

When conception has taken place, the woman's countenance appears rather pale and dejected; and she has commonly a darkish cast below the orbit of her eyes: soon after this she finds herself frequently uneasy, and

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sick at her stomach, and sometimes she retches, particularly in a morning. The different kinds of food which used to best to agree with her are now rejected, and such as she formerly disliked are eagerly coveted, the *menfes* cease, the *breasts* swell, and sometimes the *nipples* are surrounded with brownish circles. Some are troubled with *hysterics*, others with a difficulty of making water, or even with a total suppression of it, and there is commonly an uneasy sensation about the region of the *womb*, owing to the stretching and enlargement of that organ, till about the latter end of the fourth month, at which time most of these symptoms disappear, the countenance resumes its usual appearance, and the appetite and strength both return.

After the fourth month, that part of the *womb* called the *fundus*, rises to the brim of the *pubes*, or somewhat higher, and a little hardness or fulness may be felt; while the other parts of the belly remain soft and natural, especially when the patient lies in a supine posture.

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During the fifth month of pregnancy, the *fundus* of the *womb* ascends midway to the *navel*, and in the seventh month quite there, which may be distinguished by touching the belly externally; during the last two months, it rises considerably higher than the *navel*, and when there are two or more children, it not only rises considerably quicker than I have here mentioned, but the belly appears bigger, and harder about the *navel*, and sometimes towards the pit of the stomach.

Before the beginning of the fifth month, the child is generally felt to move, and sometimes so soon as the latter end of the third, there are however, some cases in which the motions of the child, are not perceptible till near the time of delivery.

At the first, its motions are but slight, but as it gets stronger it kicks more powerfully, and sometimes so vigorously, and suddenly as to make the mother start with surprize.

These are the principal signs which attend pregnancy, and are commonly suffi-

cient to distinguish whether or not the party is with child, should not this be the case, an expert practitioner will soon determine the matter by introducing a finger into the *vagina*, but as the method of *touching* properly, can only be acquired by practice, I shall not dwell upon it in this place; but conclude this chapter with a caution to all who are not quite clear in respect to their situation. For, as the symptoms attending an obstruction of the *menfes*, and those attending the first months of pregnancy, are so very much alike, care should be taken that nothing is given the patient which is likely to procure *abortion*, or otherwise injure the fruit of the *womb*. And where reputation is at stake, it would be well to judge on the favourable side, till such time as incontestible proofs appear.

CHAPTER V.

OF BARRENNESS.

HAVING already treated of the mysterious work of nature in the generation of man. I come now to say a few words on the causes and cure of barrenness, that all who desire to have children, may so order and conduct themselves, as is found most conducive to that important end.

And, since it is allowed on all hands, that to have children is a blessing, since barrenness is frequently the occasion of unhappiness between man and wife, and since every woman looks upon it as a reproach to be childless, I shall not attempt any apology for endeavouring to investigate the causes of sterility, and point out how it may be removed. Fancying that it cannot fail of being a grateful piece of service to the fair sex, to inform them how they may turn the sterile ground into a fruitful soil, and

become the joyful mothers of a beautiful race of children.

If the fault is on the man's side, it will easily be discovered, though perhaps not so easily remedied, for here it must be owing to some natural debility in the *organ* of generation, or from an unhealthy state of the *seed* brought on by diseases and debauchery. As to the first of these, if the *yard* be so feeble that it will not admit of erection, it can neither penetrate the *lips* of the *female organs*, nor convey the *seed* into them; in consequence of which, there can be no conception. But this case is so plain and obvious, that neither party can long remain ignorant of it. And the man who finds himself thus incapacitated to perform the office of a husband, ought not to enter into the marriage state, unless he can be content with his wife's seeking for that satisfaction, in the arms of another, which he is not capable of rendering her.—It is true, a woman cannot justify herself, for thus endeavouring to supply the defects of her husband, but whenever such a step is taken

taken, a great deal of the fault must necessarily lie at his door, though the wife is by no means innocent.

On the woman's side the causes of barrenness are more numerous, but it very seldom happens that any of them are incapable of performing their part in the wars of venus; so that a man who forsakes his wife for the company of other women, can have but little to offer in defence of his conduct.

When the cause of sterility lies on the woman's side it may proceed from any of the under-mentioned sources;

First, An indisposition of the *parts* to receive the man's *seed* in the act of copulation.

Secondly, An inaptitude, to retain and nourish the vital principle when it has been received.

Thirdly, When there is some obstruction in the woman's *genital parts* which hinders the man's *seed* from being injected into the *womb*, conception rarely takes place: and this may happen from a variety of

causes, as when the *privy parts* are too narrow to admit the *virile member*, or at least not without great pain, which makes the party averse to copulation. This is often the case in very young subjects, and sometimes old age produces the same effects, for in elderly virgins the parts frequently become so straightened for want of use, that they cannot, without pain and difficulty, admit of conjugal embraces. Women who are lame or distorted cannot always lay themselves in a proper posture for the reception of the man's *seed*. Too much fat also stops the passage, and prevents conception; as does also a cold temperament of the *womb*, which renders the woman so dull and indifferent to conjugal embraces, that she scarcely enjoys any pleasure in them. And when the woman has an aversion to enjoyment, she does not supply the *genital parts* with a sufficient quantity of *spirits* to render them turgid at the time of coition, and consequently the man's exertions are useless.

Ulcers or swelling in the *privy parts*, a *stone* in the *bladder*, a too great moisture,
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and slippiness of the *vagina* or *womb*, a hectic, dropical, or feverish habit, may all at times contribute to render the act of generation ineffectual. Conception is also hindered by a deficiency or obstruction of the *menfes* or *monthly courses*, as well as by an immoderate flow of them. And that troublesome and weakening disorder the *whites*, frequently relaxes the *glands* of the *womb*, and extinguishes, as it were, the vital principle.

Some times the *lips* of the *privities* adhere together, or the entrance into the *vagina* is closed up, but this is easily perceptible both to the feeling and sight, and may be soon remedied by having the obstructing *membrane* divided by a skilful surgeon.

Independent of all these natural impediments to fertility, there are (it is greatly to be feared) numbers, whom nature has blessed with every necessary qualification for the propagation of their species, who render themselves impotent, and unfruitful, by a shameful, and criminal indulgence, in a certain *secret vice*, which affords them

those pleasurable sensations, appropriated by nature to the mutual commerce between the *sexes*: but at the same time weakens and debilitates every function of the body, renders the party who thus transgresses, unapt for the business of generation, and paves the way for a train of the most deplorable diseases.

I believe, likewise, that barrenness is not unfrequently occasioned by an over indulgence in conjugal pleasures, or by a coldness and remissness in the manner of engaging in them: either of which are calculated to defeat the purposes of nature, and render her endeavours abortive.

I shall therefore proceed to lay down such rules, for the conduct of those in their conjugal enjoyments who have no natural defect in the organs of generation, as will seldom fail of putting them in possession of their wishes, by presenting them with pledges of their mutual love, if properly attended to and followed.

That nothing is more inimical to conception, than too frequent repetition of

venereal

venereal acts, is evident from the sterility of strumpets, and common women: who would undoubtedly be the most prolific beings in the creation, if frequent enjoyment was friendly to conception. But it is not so much the often repeating the act of generation, as performing it well, that ensures success. For, as the old proverb says, “What is once well done, is done twice.” And I believe there is not a single woman but what had rather have the business we are now discoursing of, performed once with warmth and vigour, than ten times in a cold lifeless manner.

It would therefore be prudent for all such as wish their conjugal embraces to prove prolific, not to repeat them too often; nor when nature irresistibly prompts them to indulge in the enjoyment of each others persons, should they attempt to snatch the fleeting bliss in too hasty a manner; but, by all those little endearments which love and nature dictate on such occasions, strive first to raise each others amorous desires to the highest pitch. And

Then in each others arms, each other close,
 And lips to lips, and breast to breast oppose,
 'Till panting, struggling in the am'rous fight,
 They faint in extasies of wild delight.

Such encounters as these will seldom fail of success, if the parties are both of them free from the natural defects, which have been mentioned in the preceding pages of this chapter. And they may still be rendered more certainly effectual, by attending to the following circumstances.

First, Let the most auspicious season for performing the conjugal act to good purpose, be made choice of. And this will be found a day or two after the woman's *monthly courses* have left her. For though a woman may conceive at any time during the three weeks that her *courses* are entirely off, she will be more apt to do so immediately after their leaving her, than at any other period of their absence.

Secondly, Let the bridegroom be as cautious how he withdraws from the field of battle too suddenly, after finding him-
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self vanquished, as he was careful to raise his courage to the greatest height before engagement. But when he has given the mouth of the *womb* time to close upon the injected *seed*, he may safely retire, and leave his spouse to enjoy the sweets of repose.

Thirdly, Let such women as wish to become mothers, pay some little attention to their manner of living ; for as feeding moderately, and at proper seasons, going to bed early at night, and rising betimes in the morning, are all of them conducive to the establishment and preservation of health, in general: they must be peculiarly efficacious in the present case, where a healthy sound constitution, a vigorous state of the solids, and a flow of *animal spirits*, are commonly the only things wanting.

And fourthly, Above all let them endeavour to regulate their passions, and restrain them within due bounds. For immoderate gusts of any of these are not only inimical to conception, but often destroy the fruit of the *womb*, after it is formed, by bringing on *abortion*.

Having

Having treated thus largely on the manner in which those who are free from any natural defect, or impediment, should conduct themselves, in order to procure themselves the pleasure and happiness of becoming parents: I should proceed in the next place, to give a few words of advice to such as are equally desirous of propagating their species, but find themselves incapable in consequence of some bodily infirmity, under which they labour, and which has either been entailed upon them by nature, or acquired by their own imprudence.

Whenever barrenness appears to be occasioned by any particular disease, the *regimen* prescribed ought to have a particular regard thereto. Thus, when it happens through a cold languid constitution in the woman, or through *seminal weakness*, or want of a proper degree of *erection* in the man. The diet should be of the most nourishing and invigorating kinds, and at the same time easy of digestion. Such as strong jellies and broths, sago, chocolate, vermacelli, salep, &c. The exercise must
not

not be immoderate, nor the sleep overmuch. But the air in which the patient resides, should, if possible, be cool and pure, and conjugal enjoyments, if not altogether omitted, must be but sparingly indulged in for some time.

When a woman's courses are irregular, or when she has for a long time been troubled with the *whites*, she may reasonably suppose that conception is hindered by those circumstances, and reason will direct her to make use of such remedies (to be found at the latter end of this work) as appear most likely to prevent the effect, by removing the cause thereof. When a woman is very fat and bulky, and has reason to believe that she is prevented from conceiving thereby; let her endeavour to correct that vicious habit of body by a thin spare diet, and proper evacuations.

Indeed evacuations may be very judiciously premised in most cases of infertility, as preparatory to the cure, unless any particular symptom should point out a different method of treatment. The most effectual are bleeding, gentle purgatives,

or emetics of *Ipecacuanha*, which seldom fail of being serviceable, particularly in gross plethoric habits.

Sometimes the fault lies on the man's side, and is owing to a want of the *seminal liquor*, though at the same time the *yard* may be sufficiently erected to enable him to perform the act of generation. In this case, all stimulating and aromatic medicines must be avoided, and the cure must be attempted by mild balsamic medicines, with the assistance of a generous nourishing diet, which is on the man's part at all times the best stimulant, or provocative to the work of generation, for as the Latin proverb informs us, *sine cerere et libero; friget VENUS*.

When the woman's *parts* abound with too much moisture, fumigations made with restringent and aromatic substances may be successfully employed, and when most other means have proved ineffectual, bathing the parts every morning with cold water has been known to succeed.

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I shall conclude this chapter with a few words of advice to such of both sexes as have debilitated their *organs* of generation by the unnatural practice alluded to in the beginning. One common effect of this destructive vice is the production of what is termed a *gleet* in men, and the *whites* in women: but I am not so uncharitable as to suppose that all who are troubled with these complaints have thus abused themselves, though I believe there are few who have been long accustomed to the practice of *selfpollution* but what are troubled with these diseases. Be that as it will, these complaints are among the most common causes of impotence and sterility.

A *gleet* is a constant discharge of a clear *seminal matter* from the *yard* in men, and from the *womb* in the other sex; and those who are troubled with it would do well never to attempt at the propagation of their species, till they are cured; for not only their endeavours would prove ineffectual, but their disorder would thereby be rendered more inveterate. Proper medicines

cines for the removal of these infirmities are prescribed in the conclusion of the work, and as to regimen, it should be of the most generous and nutritive kind, such as candied eryngo, roots, jellies, broths, soups, gravies, shell-fish, chocolate, sago, &c. with the use of the Bath, Bristol, or Spa waters, either alone or in conjunction with some rich friendly wine. The same regimen should be adhered to by those men whose *seed* is too thin and watery, and likewise by those who are apt to emit their *seed* whenever they entertain any amorous thoughts, which renders them not only incapable of propagating children, but even of enjoying a woman, how great so ever their inclination thereto may be.

In both these cases, I say, and all others of a like nature, which arise from weakness and debility of the *generative organs*, whether this weakness and debility is natural or acquired: a generous diet, with the use of balsamic medicines, and abstinence from *venery* is the most likely method that can be pursued to obtain a
speedy

speedy and perfect cure. But above all, let such as have brought these diseases and infirmities on themselves, by an unnatural abuse of their own bodies, resolutely determine to leave off so detestable and pernicious a practice; as it is the only effectual step they can take towards restoring themselves a sound constitution, and that serenity of mind which at present it is impossible for them to enjoy. Let them as much as possible abstain from every amorous thought, and action, and when any way tempted, let them reflect on the miserable condition of many who have miserably fallen a sacrifice to this detested vice. Let them in particular have the fate of *Onan* before their eyes, whom God slew

For daring to defy,
 His first great law, "Increase and multiply."

CHAPTER VII.

OF THE DISEASES ATTENDING PREGNANCY.

HAVING treated pretty largely in the preceding chapters of conception, I come now to speak a little on the various disorders to which this operation of nature exposes those who are its subjects; and lay down a few plain rules, by the observing of which, many of them may be avoided.

The generality of woman, particularly in their first pregnancies, are soon after they have conceived, attacked with loathings, reachings, vomitings, and loss of appetite; together with some degree of what may be called a generative fever, as it most probably arises from the fermentation occasioned in the woman's fluids by the *man's seed*. This feverish disposition is commonly manifested by a quick, low *pulse*, and a pale yellowish bloated countenance. When the *menfes* cease, the loss of appetite, sickness, and vomiting,

vomiting, generally increase, and frequently continue very troublesome, till the third or fourth month of pregnancy.

Some women sustain most, or all of these disagreeable symptoms without having recourse to the assistance of medicine, and yet do perfectly well in every respect. But if the reachings, and vomiting should prove so violent and frequent, as to prevent a sufficient quantity of food to supply the body with a due proportion of well concocted *chyle*, being retained on the stomach; the advice of a physician, or at least, the aid of medicine becomes necessary: as a vitiated state of the fluids, and perhaps a dropsy might be the consequence of neglecting a woman under these circumstances.

About the latter end of the third month, these complaints usually go off, but they are some times succeeded by others equally disagreeable and dangerous: such as uneasy sensations or pains in the regions of the *pelvis* with a difficulty in making water; and sometimes a total suppression thereof

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continues

continues for several days, or even weeks, and proves exceedingly troublesome and distressing. These complaints, however, are often found to vanish in the fifth month without any assistance from medicine; but when the above-mentioned pains are very severe, when the urine is totally suppressed, or when either of these complaints is complicated with the *stone* or *gravel* in the *bladder*, they ought to be treated with attention. In these cases the diet should be such as is best calculated to soften and relax the fibres (of which class are boiled white meats, broths, and diluting drinks) with the loss of a little blood from the arm, and the use of such medicines, as will be found prescribed in the latter end of this book, for the second class of disorders, attending a state of pregnancy. When there is a total suppression of *urine*, attended with uneasiness and distension, immediate recourse must be had to an instrument called a *catheter* for discharging it; unless it happens to be occasioned by a small stone being forced into the *urethra*, in which case the

the stone must either be pushed back into the *bladder* by the point of the aforesaid instrument, or extracted by means of a small pair of forceps, made for that purpose. But, as both these operations will require the skill of a surgeon to perform them, I shall not attempt a description of the manner in which they must be conducted.

Cholicky pains are another class of disorders with which pregnant women are liable to be attacked. They commonly happen towards the latter end of gestation, and are frequently so severe as to be taken for labour pains, both by the woman herself, and those about her. These complaints are ushered in with an oppressed *pulse*, a chilliness, sickness, and sometimes a vomiting of green bilious matter. A great uneasiness generally prevails throughout the whole *abdomen*, but the pain is chiefly confined to some particular part thereof, and sometimes it frequently shifts from one part to another. During the continuance of the fit, the *urine* is often voided, but the quantity made at each time is very small

small, as are likewise the discharges by *stool*, indeed the patient is often very costive, and goes to *stool* with the greatest difficulty.

Sometimes when the woman is very near the latter end of her reckoning, it is rather a difficult matter to distinguish this complaint from *parturition*. But however urgent the complaint may be, and though the woman may have pains, and scream out as if in real labour; if the *vagina* does not begin to open, and discharge a *mucous humour*, or if the entrance to the *womb* remains thick, or entirely closed, and the pains continue some hours without ceasing, while all things remain in the same situation, it may be safely concluded that the true labour is not begun.

When the patient has enjoyed a previous good state of health, without having been subject to costiveness, miscarriages, or convulsive disorders, and is attacked with this complaint before the seventh month of her pregnancy, there is seldom much danger to be feared, but when it makes its attack at a more advanced period and the
woman

woman has been subject to any of the before-mentioned inconveniencies the case becomes more dangerous, and the method of cure requires to be conducted with more caution and circumspection.

The diet must be chiefly of the liquid kind, and indeed it would contribute greatly to the advancement of the cure, if solids were to be entirely prohibited till two or three days after the removal of the disease. If the patient is of a robust, sanguine habit, bleeding may be premised with advantage, the stomach and intestines must be cleared, either by gentle purges or glysters; and ease must afterwards be procured by *anodyne*, and *sedative* medicines, of all which there will be found a sufficient variety in that part of the work allotted for the valuable prescriptions with which it is enriched, under the title of remedies for the third class of disorders attending pregnancy.

It is not uncommon for women, who are advanced into the last months of their pregnancy, to have the *veins* of their *legs*, *thighs*,
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belly,

belly, breasts, and those about the *anus*, give way, and become so much enlarged as to form *tumours* or swellings of considerable magnitude, which *tumours* are distinguished among medical gentlemen by the name of *varices*.

The causes of these appearances are undoubtedly various, but they may in general be reduced to four, namely, a general relaxation of the system, an obstruction in some of the *viscera*, but more particularly the *liver* and *mesentery*, by which the return of *blood* from the lower extremities to the *heart* is hindered; a pressure of the *womb* upon the large *veins*; and lastly, violent exercise, with long standing in an erect posture.

These *tumefactions* are in general of so soft and yielding a nature, that they will disappear upon being slightly pressed, and rise again as soon as the pressure is removed. They are for the most part of a bluish cast, and the *veins* both above and below them, are frequently knotted, and considerably enlarged.

The cure of these *varices*, as they are called, is seldom very difficult, especially if it be attempted before the coats of the vessels have sustained a degree of distension too great for them to recover their natural tone. But this should never be permitted, for it sometimes falls out when they are seated on any of the larger *veins*, and not taken timely care of, that they burst, and discharge so large a quantity of *blood*, as to endanger the life of the patient, if immediate assistance is not to be procured.

If this disorder originates in a lax state of the *vessels*, an astringent, drying, and nourishing diet, with cool, open air, if it can be enjoyed, will be extremely serviceable. But if it arises from obstructions or pressure, a soft, diluting, and opening diet must be substituted, and the patient should often lie down on one side, either on a couch, or on a bed.

The *piles* likewise are frequently found troublesome towards the latter end of the woman's reckoning, and I know no more effectual method of relieving those trou-

blesome guests, than frequently bleeding in small quantities, and keeping the body at the same time gently open by the use of such mild laxatives as are described and recommended in the section containing remedies for the cure of that disorder.

Painful gatherings, or collections of matter, are sometimes formed about the *anus* and *privities*, but as these generally require the assistance of a surgeon to remove them, I shall not take up either time or paper in describing the method of treating them.

The last disorder that I shall particularly insist on, is a *tumefaction* or swelling of the *legs*, which frequently happens, after the fourth month of reckoning is past, and may rise either from a gross habit of body, the return of the *blood* to the *heart*, being obstructed by the *womb's* pressing upon the surrounding parts too much, hard labours, a natural weakness of the body, obstructions or weakness of the *lungs*, and other *viscera*, or a deficiency in the secretion of the *urine*, and expulsion of the *feces*.

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When this disorder arises from pressure and fullness, the countenance is commonly florid, and the body healthy. The legs feel at first only a little stiff and uneasy, soon after which they begin to swell a little in the evening, but during the night this swelling subsides, and in the morning they appear as usual; till at length as the *womb* grows larger, the swellings of the *legs* increase, and presently after begin to appear red and inflamed, nor does the swelling at all go down in the night. If no assistance is employed for their relief, the *lymphatic vessels* frequently burst, and discharge their contents among the surrounding parts, the skin now becomes gradually paler till at last the redness entirely goes off, but the swelling still continues to increase, and when pressed upon retains the mark of the finger, for a considerable time.

The extravasated juices, of the *lymphatic vessels* being now absorbed by the circulating fluids, render the whole mass unhealthy. The countenance now becomes pale, and the swelling mounts upward,

till the thighs, *lips* of the *privities*, and at length the whole body becomes swelled and bloated.

When the disease arises from debility, or obstructions, the party appears pale and sickly, and though the legs and thighs swell to a greater degree in a less time, they never appear red and inflamed, as in the other case. If the patient is young, and the swellings arise from fullness and pressure, it will in general yield to the use of proper medicines, and if it cannot be perfectly cured, it may however be kept within bounds (so as not to injure the constitution) till labour comes on, which removing the cause, the effect soon after disappears without giving much trouble. But when the woman is more advanced in years, and the complaint originates in obstructions, or a lax state of the body, it often sets medicine at defiance, and so greatly injures the constitution, by the time of delivery; as to make her recovery tedious and doubtful, though she may survive her lying-in.

In the cure of this disorder respect must be had to the causes that produce it, if it proceeds from fullness and pressure, the diet must be cooling and opening, but if from debility and weakness, it must be more cordial, and full of nourishment; in both cases a pure air and moderate exercise, are necessary to the cure, and in the first case, it must be compleated by bleeding, and keeping the bowels moderately open with cooling laxatives, for a variety of which, see the *chapter of prescriptions*, or the *general index*. But if the disorder is of the latter description, then *corroborants* and strengtheners must be used. The legs and feet in both cases should be kept very clean and warm, that perspiration may be encouraged thereby as much as possible, and in the morning when the swelling is down, the whole limb or limbs may be rubbed with the liniment prescribed in the chapter so often referred to in the preceding pages, after which, laced stockings, or flannel rollers may be employed with advantage.

I might in this place describe many more complaints which are peculiar to pregnant women, such as *longing, faintings, loosenesses, costiveness, swellings*, and pain of the *breasts*, pains of the *back* and *hips*, incontinence of *urine*, and several others. But as these are seldom productive of any dangerous consequences, I shall content myself with barely enumerating them; and referring those who may happen to be troubled with any of them, to the last chapter in this book, where they will find proper remedies adapted to all of them, and every other disorder to which the part they sustain in the work of generation exposes them.

CHAPTER VIII.

OF ABORTION OR MISCARRIAGE.

ABORTION is an untimely separation and exclusion of the child from the *womb*, which may arise from a great variety of circumstances, the principal of which I shall enumerate, first, when the *womb* is not disposed to form the *membrana caduca* properly; secondly, when this *membrane* after being formed, separates itself spontaneously from the *womb*; thirdly, when the *blood vessels* of the *womb* are so much closed and confined, as not to admit of the necessary circulation of the *fluids* being carried on; fourthly, When the mother is reduced to such a weak state by previous illness, or some other cause, as not to be able to supply the *fœtus* with a proper quantity of nourishment; sixthly, when the *fœtus* dies; seventhly, when the animal spirits are too suddenly agitated by joy, anger, grief, or frights, the consequence is fre-

quently a miscarriage; eighthly violent exercise may be the occasion of this circumstance taking place; and, lastly, it may arise from an over fullness of the *blood-vessels*, which are sometimes so distended as to burst at the usual time of the *menfes* making their appearance, and carry the conception away with the discharge.

When miscarriage is likely to happen, there is generally a sense of weight, and pain felt about the *loins*, and region of the *pelvis*, accompanied with a flux of *blood* from the *womb*; which sometimes continues moderate for several days, and then by suddenly encreasing, and the coming on of forcing pains the *ovum* or conception is unavoidably brought away.

In others, the *blood* on the first attack gushes violently away, and some part of it congealing in the *vagina* and *neck* of the *womb*, forms large dense clots there, which, by resisting the contraction of the parts, brings on pains, and stimulates the *womb* to expel its contents; in consequence of which, the flux of blood bursts forth with

with fresh violence, and washes the clots forward, so that many of them are evacuated, upon which the discharge is so much lessened as to make the bye-standers frequently conclude that the party has actually miscarried, but the *blood* being all this while only congealing again in the passages, a fresh flow of it soon takes place, till at length the *ovum* or *fœtus* is washed away, and excluded along with it, leaving the patient very much reduced and fainty.

Young healthy subjects will frequently suffer an amazing loss of *blood* without seeming to sustain much inconvenience, but by those who are weakly, or corpulent, the loss of the vital fluid is severely felt, and sometimes when the flux has been excessive, they are so reduced thereby as to experience fainting fits, hysterical disorders, and other distressing symptoms; from which it appears, that though *abortion* can seldom be prevented, when once a flooding has taken place, yet it is of consequence to check the discharge, and render both that and the pains moderate, as the woman's

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future.

future health may be irreparably injured by neglecting to make use of the proper means for that purpose.

Whenever any symptoms of miscarriage make their appearance, quietness and coolness should be strictly enjoined. The diet may be nourishing, but it should not be heating; lamb, mutton, chicken, fish of the flat kinds, cooling roots, fruit puddings, sallads, &c. may be taken at pleasure, but no drinkables that have a tendency to quicken the circulation, should by any means be allowed. Broths may be used in small quantities, but they should not be taken too warm. While the flooding continues moderate, small beer, or red wine and water may be drank at meals, but if this symptom is violent the drink should consist chiefly of lemonade, or some such liquor; to which may occasionally be added a little claret or red port.

When *abortion* appears likely to take place, the patient should be kept in bed, or at least in a recumbent posture, and if she is not too much reduced already by the discharge,

discharge, let a few ounces of *blood* be taken away, which will at least have a tendency to lessen the flux, if it does not entirely put a stop to it. When all these means prove ineffectual and *miscarriage* actually takes place, the woman should for some days after, live upon broths of different kinds, with caudles, and other light liquid nourishment, which is easily converted into *blood*: that the waste which has been so recently sustained of that important fluid, may be as speedily made up as possible.

I have only been speaking hitherto of such miscarriages as happen before the third month of conception is past, during which time, the substances expelled from the *womb*, are of the following sizes: namely, at the end of six weeks, they are about as large as a pigeon's egg, about the ninth they are found to be arrived at the size of a hen's egg, and at the end of the third month, they do not exceed that of a goose in magnitude.

And although *miscarriages* may happen from the same causes as have already been
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pointed out during the whole time of pregnancy, yet it will be proper to make a distinction between such as happen thus early, and those which fall out at a more advanced period of gestation, as the danger becomes much greater in the latter case, than in the former, on account of the *vesfels* of the *womb* being now so much enlarged, as to discharge more than double the quantity of *blood* from their orifices, in the same portion of time, after the *secundines* are loosened.

But there is no time of pregnancy in which miscarriage expose a woman to so much danger, as when it happens between the beginning of the sixth, and the latter end of the seventh month. For at this period the cavity of the *uterus* or *womb* is commonly so small, and the orifice, or entrance into it so thick and rigid, as seldom to admit the *midwife's* hand with that facility and ease which the nature of the case frequently requires. And if the *midwife* is not so well acquainted with the nature of the animal œconomy, as to be capable
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of determining pretty accurately how long it can sustain the flooding, and how far medicines may be relied on, before she attempts to introduce her hand for the purpose of bringing away the *fœtus*, she may soon endanger the patient's life, by too much officiousness, or loose her for want of proper resolution.

To avoid these evils as much as possible, every likely method should be made use of to restrain the flux of *blood*, and maintain the patient's strength, till the natural efforts for the expulsion of the *fœtus* (called pains) come on, which in many instances will compleat the delivery without any manual assistance.

In order to this the same diet and treatment which was recommended in the beginning of this chapter, may be followed; and during the whole time the state of the *pulse* and the degree of flooding should be strictly attended to. And when the *pulse* is found to sink, and the discharge continues, or perhaps increases at the same time, she must immediately pass her hand with.

with tenderness and caution into the cavity of the *womb*, and endeavour to bring away the whole of its contents together, as nothing else can possibly prevent the patient's death in such a case, but immediate delivery. And though this may not always prove successful, yet it ought to be tried; for in all desperate cases, it is certainly better to have recourse to a doubtful remedy, than leave the patient to certain destruction.

It sometimes happens in cases of *abortion* during the last three or four months of pregnancy, that only a small portion of the *placenta* is separated from the *womb*, and consequently the flooding is but moderate, particularly if by any accident the child has been dead two or three days: under which circumstances it will be adviseable to leave the work to nature, for if the mother's strength continues good, the pains will come on, the orifices will open, and the child will be delivered as in common labour.

But when it is found that a very considerable part, or even the whole of the *placenta*

renta is detached from the surface of the *womb*, and the *blood* pours fast away while the woman has no pains, and the orifice of the *womb* remains thick, and not open enough to admit the whole hand with ease and safety; it will be prudent, and even necessary for the *midwife*, after acquainting the friends and relations of the patient with her extreme danger, and how uncertain the event may prove after she has done all in her power, to endeavour to deliver in the manner which will be found described in the following chapter.

But if she has an opportunity of consulting an experienced *man-midwife* on the subject, let her by no means fail to do it; as she will thereby at all events save herself from censure.

CHAPTER IX.

OF LABOUR OR CHILD-BIRTH,

And the assistance that is necessary therein.

PARTURITION, or labour, is of two kinds; natural, and preternatural; by the former of these is here meant the most safe and speedy manner, whereby a woman that has gone her full time, can be delivered of a perfect child; and by the latter, is to be understood those labours in which the child's feet present for delivery, or whenever it lies in such a position as to require being turned by art, and brought forth in that manner.

But before I enter upon this subject, it may not be amiss to take notice of the child's most natural position in the *womb*. And in the first month of pregnancy, according to the opinions of some distinguished writers, the *fœtus* exhibits pretty nearly the figure of a *tadpole*, having a large
head

head, and a small body or tail, which daily encreases in magnitude, till the arms and thighs at length begin to start out from the *shoulders* and *breech* like small *teats* or *nipples*, and as the body grows larger, these limbs are gradually formed, but the *toes* and *fingers* are not separated from each other till the latter end of the second, or beginning of the third month. However this may be, the *fetus* during its stay in the *womb* is nearly of an oval figure, that being calculated to take up the least room of any other. The *chin* is found to rest upon the *breast*, the *thighs* are bended upwards, and pressed close to the *belly*, the *face* being placed between the *knees*, while the *arms* cross each other round the *legs*. The *head* is for the most part turned downward, to the lower part of the *womb*.

It has been supposed by many, that the *head* is turned up to the *fundus* of the *womb*, and the *breech* to the mouth of it, with the fore parts toward the *belly* of the mother, and that it remains in this situation till labour

bour begins, at which time, the head comes down, and the face is turned to the mother's *back*. But it appears from many circumstances, that the *head* is for the most part downward, from the time of conception to the time of delivery, as is evident from the case of women who have miscarried in the fourth, fifth, sixth and seventh months in all of which the *head* has been general found to present first, and in the eighth and ninth months, the head will be almost always distinguished by the touch in the *vagina*, to be downwards. But to return,

When a woman has arrived at her full time, the labour commonly begins and proceeds in the following manner. A few days antecedent to parturition coming on, the prominency of the *abdomen* above the *navel* commonly subsides a little, and the woman generally finds herself more light-some and easy than she has been for some time before. This falling in of the upper part of the *abdomen* is succeeded by a greater fullness

fullness of the parts between the *navel* and the *pubes*, which is very manifest when the pains begin.

A little while before these commence the *pulse* generally rises very considerably, and the *face* begins to grow reddish, the *intestines* begin to unload themselves of their contents, and the pains soon after are felt; beginning at first in the small of the *back*, and from thence passing round, forwards and downwards, they terminate in the *pubes* and *genitals*. At first these pains are but slight, and of short continuance, with an interval of twenty or thirty minutes between each; but when a little time has elapsed, and labour comes on in earnest, they both increase in strength, and become more frequent, causing the child (at every effort) to bear down with considerably force upon the *neck* and *mouth* of the *womb*, which soon begin to open and give way.

If the *child* is surrounded by a large quantity of *waters*, the *womb*, however strongly it may be contracted, cannot act immediately on the body of the *child*;

child; but at every pain, the *membranes* which contain the *waters* are forced down to the mouth of the *womb*, which being opened sufficiently by this repeated gradual distension, suffers them to be protruded through it, and pass into the *vagina*.

The pains now become very strong, and return every ten or fifteen minutes; the *tumour* occasioned by the pressure of the child's head on the *waters* enlarges, and advances gradually along the *vagina*, which becomes shortened and widened thereby considerably.

The child's *head* now advances, and when the *crown* has arrived at the middle of the *pelvis*, the mouth of the *womb* becomes widely opened, and the *tumour* occasioned by the *membranes* containing the *water*, advancing rapidly, dilates both the *vagina* and its orifice, and makes way for the child to follow the more readily. The pains now return every three or four minutes, each pain lasting about the space of a minute, the *membranes* break, and the liquor *amni*, or *waters* (as they are commonly called) flow

flow out, upon which the pains commonly slacken for about half an hour, but it is only to return with double force, at the expiration of that period.

The *head* is now forced through the orifice of the *womb* into the *vagina*, and by a few more painful efforts, descends so low as to bear very hard on the *perinæum*. The *lips* of the external *privities* now first begin to appear distended, the entrance to the *vagina* is dilated and made wider by every returning pain, and that part of the child's *head* which presents first, may be easily felt and distinguished.

As the head descends lower the hairy part of the skin begins to wrinkle, and the bones may frequently be felt to ride over each other. Soon after the crown of the head is found to advance pretty considerably by every pain, the child's face is turned more immediately to the *perinæum* which is pushed out thereby; the mouth of the *vagina* gives way apace; and the *lips* of the *pudenda* become very much distended.

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After a few more pains the *head* advances again, the entrance of the *vagina* still widens, the *lips* of the *privities* and the *perinæum* are still more and more distended, and the latter is greatly stretched, and pushed outwards by the child's *head*. The woman at this time generally vomits, and sometimes a quantity of *blood* is discharged from the orifice of the *vagina*; she now bends her body forward at each pain, and appears to gain fresh strength; her breathing is short and quick, her thighs tremble, her eyes sparkle, and she seems to look wishfully on those employed about her.

After a few more pains, the *head* disengages itself from the *perinæum* and appears without the *labia* and soon after the whole body follows. A considerable quantity of waters now generally gush forth, and these are succeeded by some clots of congealed *blood*. The patient now generally enjoys a respite of ten or fifteen minutes, after which she again feels some forcing pains, or uneasiness in the *womb*. Soon after this
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the *placenta* or *after-birth* is found presenting at the mouth of the *womb* with one edge a little downwards; and as it comes lower down into the *vagina* the inside is gradually turned outwards, so that at its expulsion, an entire inversion has taken place, and the opening which was made by the breaking forth of the *waters*, and through which the child passed, is now the last part that makes its appearance.

Thus I have given a detail of the most remarkable circumstances which attend a natural birth, but it must not be expected that the same appearances will always be present, for some births will exhibit a greater number of remarkable facts than are here enumerated, while in others (particularly where the woman has had several children) there will not be found so many.

Nor is the time in which natural deliveries are accomplished, less liable to variation, that the symptoms with which they are attended, for sometimes they are not effected in less than twelve or fourteen hours,

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and at other times, the patient has been well, attacked with her pains, and safely delivered in less than two.

Labour being ended, the *womb* contracts itself, and recovers its former situation with surprising alacrity, so that in about thirty hours after the delivery is compleated, it is found to be no larger than in the third or fourth month of pregnancy.

About twenty or thirty hours after the *child* is born, the *milk* begins to flow fast into the woman's *breasts*, and the *lochia*, or discharge from the *womb*, begins to lessen; her appetite at this time is generally pretty good, she makes water freely, and a gentle sweat comes on all over her body. Sometimes about the third day she has a natural *stool* or two, but most commonly the disposition to costiveness continues several days longer. Towards the sixth or seventh day, the sweating goes off, and the head ach (which till this time generally attends) subsides; the *pulse* becomes regular, she recovers her appetite, the *breasts* grow considerably less, but the *lochia*, which, on the second and third day,

day, were but in small quantity, and of a pale colour, are now become more copious, and have a good red appearance; but after the eighth day they again begin to diminish in quantity, and their colour once more becomes pale, till by the twelfth or fourteenth day, they are in general gone off entirely; after which the patient soon recovers her usual strength and activity.

I come now to give a few words of advice to *midwives*, and others, respecting the assistance which ought to be given to women in natural labour, with the subsequent management of them and their offspring, during the month of child bed.

And, in the first place, whenever a *midwife* is sent for to attend a pregnant woman, let her examine carefully, by touching the parts, whether the labour is really begun or not, that proper remedies may be given to ease the pains, if they are false ones, or that every thing necessary may be got ready against the time of delivery, if it proves to be real labour.

If the woman has slept but little for some time past, rest and quietness should be recommended: she must not be allowed any strong heating liquors, but she should be duly supplied with cooling refreshing diet, such as tea, panada, caudle, broths, sago, &c.

If she has had comfortable refreshing sleep, rest will not be so absolutely necessary, but she may be permitted to lie, stand, sit, or walk, as her own inclination may lead, and she may be entertained with the company of a cheerful friend or two, but she should never be over fatigued either with exercise or company.

She will find little more to do than now and then enquire into the progress of the birth, till the child's head comes low into the *pelvis*, and the pains become very urgent; but when the *tumour* occasioned by the *waters* is advanced nearly to the external orifice of the *vagina*, and the mouth of the *womb* is opened to about the width of three inches, the child's *head* bearing perceptibly
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upon it at each pain, and these returning every three or four minutes; she must then be placed upon a bed or couch, properly prepared to prevent the *waters*, *blood*, &c. discharged during labour, from incommoding her, by being covered with three or four thickneses of sheets or other cloths; which may occasionally be drawn from under her.

The most convenient posture for the woman to lie in, when the labour bids fair to be easy and natural, is on the left side, in an oblique manner across the bed, with the *head* and *shoulders* a little raised, and the *knees* bent forward, so as to make a right angle betwixt the *thighs* and the *body*. One end of a long cloth should be fastened to the foot of the bedstead, and the other end will serve her to hold by during the continuance of her pains, at which time her feet ought to be placed against that side of the bedstead where the *midwife* sits, that so she may apply her strength to the best advantage, and indeed when a woman is thus situated, she may be properly co-

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vered,

vered, and yet assist herself without being incommoded by a parcel of women's sitting round for the purpose of holding her, as is frequently the custom, to the great detriment of the patient, who is in consequence of this practice frequently violently fatigued and heated.

Every thing being thus far attended to, let the *midwife* now and then anoint the orifice of the *womb*, the *vagina* and its orifice, the *lips* of the *privities*, and the *perinæum* in a gentle manner with some agreeable softening ointment. And as soon as the *tumour* which contains the *waters* is advanced to the entrance of the *vagina*, and the orifice of the *womb* is come down into the middle of the *pelvis*, and pretty well opened; she may then endeavour to break the *membranes* by pressing the ends of her *fingers* against the tumour, or by rubbing it between the end of her *finger* and the child's *head*, during a pain, by which means they will generally be perforated, and as soon as that is done the *waters* flow away; but if they are too strong to be broken by these methods, the
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end of a quill will readily penetrate them, and procure the discharge of the *liquor amnii*.

If it be the woman's first labour the *membranes* should not be broken by any means till they are arrived at, if not passed through the orifice of the *vagina*, nor even then unless the entrance into the *womb* is widely opened at the same time.

After the *waters* are discharged, the pains, as has been already observed, generally slacken for a while, and by their running off, the parts are lubricated and softened; and the *womb* having now lost part of what caused its distension, soon after begins to contract with great force upon the body of the child, which is thereby driven on towards the orifice, and makes it give way so fast, that in a short time it becomes perfectly dilated, and admits the child's *head* to pass through, and this being once effected, a few more pains bring the crown to the mouth of the *vagina*.

At this time the *midwife* must take as much care as possible that the *vagina* and *perinæum*, are not over-stretched, or lacerated.

rated. And as the *head* usually stops in this situation some little time, it will not be amiss, if the parts are once more well anointed; and when at length, by the efforts of the mother it is forced through the orifice, and pushes that together with the *perinæum* violently out, she must support those parts in the following manner to prevent their being torn.

The patient should be directed to bend herself rather forwarder than before, and then let the *midwife* place the upper edge of each hand, against each lateral, or side-edge of the entrance into the *vagina* with the palms towards that part of the child's *head* which is now coming forth; and one of the thumbs on each side of the *anus*, and lower part of the *perinæum*.

When the *forehead* is arrived at the lower edge of the *vagina*, she must then gently slip the *perinæum* over the *face*, and endeavour to keep the *head* forwards toward the outside of the *pubes*, by which means it will soon be brought entirely without the orifice.

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She may now wait till a pretty strong pain comes on, and then by placing a hand on each side of the *head*, with her fingers under the *chin*, and her thumbs on the top, strive to draw it gently and cautiously forward, frequently moving it a little from shoulder to shoulder, as it comes along: and when the shoulders are once delivered, and the body begins to follow, the child should be a little bent forward with its *face* towards the mother's *coccyx*, and its *legs* and *thighs* brought down without moving its *head* any backwarder, by which method of proceeding the *navel-string* will not run any risk of being over-stretched, though it should happen (as is sometimes the case) to be twisted round the neck.

When the child is born, it should be laid in as easy a position as possible, with its *face* towards the mother; and then a ligature should immediately be passed round the *navel-string*, at about two inches distance from the *navel*, and tied fast. The *navel-string* is then to be divided by a sharp pair of scissars, about an inch from the liga-

ture, on the side next the mother, after which the child may be wiped dry, with a soft warm cloth, and then being wrapped in the receiver, it may be given to some of the assistants.

The *midwife* should take care as soon as delivery is compleated, to apply some warm linen to the mother, lest the cold air should rush too suddenly into the *womb* which is now very open, and produce disagreeable consequence; and then she may wait a little for the coming down of the *placenta* or *after-birth*, which frequently comes away by the natural efforts of the mother; but as it sometimes stays a long time, and thereby subjects the woman to take cold, or flood, it will be proper after having waited a reasonable time to see what nature can do for itself, to have recourse to manual assistance, for the double purpose of preventing those evils, and freeing the patient's mind from all anxiety.

In order therefore to accomplish the delivery of the *placenta* in as speedy a manner as possible, let the patient be directed

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to compress her belly with both hands, as equally as she can, beginning pretty high, and descending down towards the *navel*; when she has made this pressure for about ten minutes, she may take a long breath, and holding it, force down while the *midwife* assists the expulsion, by taking hold of the *navel-string* on the outside of the *privities* with her left hand, and passing one or two fingers of the right hand into the *vagina*, taking care to place their ends against the *navel-string*, as high as may be found necessary to keep that part of it back in the middle of the *pelvis*, while with her other hand she pulls gently at the external part. When this extension has been continued for about half a minute, it must be slackened a little; but the pressure on the *abdomen* must still be continued; and when another forcing pain comes on, the extension must be repeated in the same manner; by which means the *placenta* will generally be delivered in ten or fifteen minutes from the birth of the child, unless it adheres very firmly indeed to the surface of the *womb*.

The *placenta* being brought without the *lips* of the *privities*, a few minutes should be allowed for the spongy *chorion's* being separated from the *womb*, and then the *midwife* may take fast hold of the *membranes* with one hand between the *placenta* and the *privities*, and try to bring them a little forward, but if they do not come easily, she must rest at times, and then pull gently again, whenever the woman forces down, and thus in a short time they will be perfectly brought away.

If these cautions are not attended to, it often happens that a part of the *chorion* is left behind, and frequently produces a disagreeable train of symptoms by the irritation it occasions in the *womb* while it is purifying.

But every *midwife* will now and then meet with cases in which the bringing away of the *secundines* is attended with a great deal more difficulty ; I shall endeavour to point them out, and give such instructions for the extraction of them, as my own experience has convinced me will generally enable the judicious practitioner

practitioner to succeed, however difficult the task may appear at first sight.

The first case then which requires that a different method of bringing away the *secundines* to what has before been mentioned, should be adopted, is when a violent flooding takes place, and continues after the birth of the *child*; secondly, when the *placenta* adheres so firmly to the *womb* as not to be brought away by those means, in the space of two or three hours from the birth of the *child*; and, thirdly, when the *membranes* are retained by a constriction of the *womb*, which sometimes happens about the midway betwixt its *fundus* and its *orifice*; in all which circumstances, the introduction of the *midwife's* hand into the *womb* is absolutely necessary for the purpose of loosening it in the following manner.

She must take hold of the *navel-string* in one hand, and pass the other along it, till it arrives at the *placenta*, which will sometimes be found to adhere to the *fundus*, but more frequently to one side. In passing the hand she will soon be sensible if

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there is any stricture of the *womb*, and if that happens to be the case, she must endeavour to dilate it by introducing her fingers first, and afterwards her thumb, spreading them as far asunder every now and then as she can, without doing violence to the parts, till the whole hand has gained admittance. When the hand has by this means overcome the stricture, and is got through it, it must be carried on along the *navel-string* till it arrives at the very root of of it. From thence it must be shifted to the edge of the *placenta* and the higher up the better it will be. And now, having placed the back of her hand, toward the inner surface of the *womb*, she must endeavour to insinuate her fingers between that and the *membranes*, which having effected, the wished for separation will soon follow. And by her still introducing the points of her fingers behind some fresh part that still adheres, the whole will shortly be detached, and come easily forth. And now the belly should be immediately compressed with a proper roller, and the same
 caution

caution will be necessary in respect to the application of warm linen, as on the birth of the *child*.

The woman being thus safely delivered, should be refreshed with some cordial medicine, a glass of wine, a cup of caudle, broth, or some other nourishing liquid, but it should not be made too warm for fear of making the *lochia* or flux from the *womb* too copious.

When she has rested fifteen or twenty minutes, she should be dressed as expeditiously as possible, and the wet things being removed, and the bed properly prepared for her reception, she may lay herself down on her right side, and be covered with such a quantity of clothes as will keep her moderately warm, nor should she attempt at getting out of bed till the fifth or sixth day. But after the expiration of the first week, if no indisposition succeeds, she may rise every day, and sit at first for an hour or two, and afterwards longer, as her strength will admit. During most of this time her perspiration should be maintained in such a degree,

degree, as just to keep a little moisture visible on her skin, and care must be taken, that as little of the surface of her body as possible is exposed to the cold air; for, however trifling tossing the arms about, or lying with them uncovered may seem to be, much mischief and inconvenience may be occasioned by them, or by sitting up in bed too early.

The air in the room must always be kept as temperate, and as fresh as possible, and her repose should not be too much interrupted by company, nor should she be exposed to any violent emotions of the mind, during the whole month.

In regard to diet, the most suitable (especially for the first week) is caudle, panada, chicken, lean mutton, or beef broth; unless she is very desirous of solid food, which she may be allowed in that case, in small quantities, except a gross habit of body, or other circumstances forbid. Whenever she is thirsty she may drink freely of any sort of teas, or of barley-water; for these will not only help to promote and
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keep up the necessary degree of perspiration, but render the milk sufficiently fluid. As to medicines they will be but little wanted, if all goes on in the manner we have hitherto supposed, and if that should not be the case, there will be a variety, adapted to almost every circumstance that may fall out, found in the concluding chapter of this book, to which I have already had occasion to refer the reader.

The body, however, should in all cases be kept moderately open. And though the *breasts* may become so full of milk as to occasion a great deal of pain (particularly where the infant is not permitted to suck, which is really a most unnatural and barbarous custom) yet there must nothing that is repelling be made use of, for in that case the milk would be suddenly driven back from the *breasts*, and a fever, might be the immediate consequence. But if either the soreness of the *nipples*, or her own fancy will not permit her to suckle the child, she may have the pain and swelling relieved by means of glasses which are now
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so well contrived, that the patient may use them herself without any trouble or inconvenience.

Having thus considered the manner of conducting the mother through that kind of labour called natural, and the method of treating her during the month of confinement, I shall add a few directions respecting the management of the child, whose helpless situation requires an equal share of our tenderness and attention, both at the time of delivery, and for some time after.

In the first place then, let it be properly washed as soon as convenient after the birth, with one of the following lotions, which are commonly, and may be indiscriminately used for that purpose; namely, either small beer and butter, or wine and water, with the addition of a little brandy and oil; or some soft *pomatum*. When it is by this means well cleaned and dried, let it be laid on its back, with a flannel roller sixteen inches long, and four broad across underneath it, and then let a compress of soft linen, seven inches long, and three broad, twice

twice doubled, with a round hole in the center, about three inches from one end, be applied to the *navel* in the following manner, let the *string* be brought through the hole, and then lay the shortest end of the compress upward with the *navel-string* upon it, after which reflect the other end of the compress over both these, and bringing the end of the flannel roller over all, pin them together in a tight equal manner without leaving any wrinkles, or any thing else which can hurt the child, or give it the least uneasiness, and then let the other parts of its dress be put on in as loose and smooth a manner as possible.

Indeed, this article of children's dress, is a matter of the greatest importance to their ease and health, though it is so little attended to, that I fear many children fall victims to the absurd and preposterous methods of cloathing them, which formerly were so much in use, and are not yet quite abolished.

Every one that will take the pains to examine the dresses of young children, will find

find some of them so tight and close in almost every part of the body, as to obstruct the motion of the *blood* through the vessels, than which nothing can be of worse consequence. Many children that have been thus unnaturally confined, I have known to die suddenly, and it will be found that such of them as survive, are subject to fits, and convulsive complaints, attended with blackness of the face, hands, and feet; but let their dress be taken away, or made loose, and a great alteration will soon be found to take place; the complaints will vanish in a short time, and indeed the relief will sometimes be instantaneous. Care should be likewise taken that the child's dress is not only loose and easy, but light, particularly in warm weather, and when it begins to use its feet, shoes should be allowed to keep them from being hurt, but there will as yet be no need of stockings, seeing that thin cloathing even during the coldest weather is generally more conducive to health than the opposite extreme. If the child is likewise washed with cold water every

every

every day, from the birth, till three months old, and then plunged over head twice or three times a week, it will be greatly strengthened thereby.

With respect to food, the mother's milk is to be preferred to all others, for the first six months at least, but if this cannot be allowed, that of a sound, healthy woman, should be substituted in its room.

The proper qualifications of a nurse are, an age between eighteen and thirty, a fair complexion, an healthy constitution, perfect teeth, a good appetite, full breasts, with *nipples* of a proper size, and the milk not above three months old; on the contrary, red hair, foetid breath, a scrophulous habit of body, or in short, any of the opposites to what constitutes a good nurse, should be looked on as disqualifications for that office.

Many people entertain an opinion that when a child pukes after sucking, it generally thrives fast, and indeed some children may throw up part of their aliment, and yet do very well, though I believe this
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last circumstance has no dependence upon the former, for I am persuaded that such a puking, when children are otherwise in good health, is only owing to their stomachs being overloaded; and as that may, and frequently does, prove of bad consequence, I would by no means have them permitted to take so much at one time, as to occasion any uneasiness at the stomach (much less puking) if it can be avoided.

The most grateful food, next to the mother's milk is the following *pap*: take of new Cow's milk, and oatmeal tea or barley-water, of each a quarter of a pint, and with the crumbs of a fine roll or bread (if home-baked the better) make it of a proper consistence; or a little fine flour may be made use of by way of change, but it must be boiled considerably longer than the bread.

When the mother's supply of milk is not sufficient, or if she has none at all, let the child be fed with this *pap*, as often as it wants, always taking care to have it made fresh, for when it comes to be warmed up two or three times it gets flat, unpleasant,
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and acid, so as frequently to endanger the health and life of the child.

I am not ignorant that a *pap* made of bread, or biscuit and water, has long been used, and still continues much in vogue among the lower classes of people: but to me it appears insufficient to afford the child nourishment, and not only so, but it frequently turns so acid and acrimonious, by having allum mixed with the bread, &c. of which it is made, as to disorder the stomach and bowels most violently; and I have reason to fear that thousands of children are sacrificed to this pernicious diet, for which reason, I sincerely wish it was for ever laid aside.

When the child is arrived at the age of six months, it may be accustomed to the use of animal food with safety and advantage. For instance, now and then a few spoonfuls of weak broaths newly made, may be given, or a little of any white meat, bruised and divided into very small parts, may be given, but it will not be amiss to moisten it with broth, tea or water, so that
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the child may swallow it with ease, and safety.

In respect to medicines, I shall say but little here, the mother's milk is at first the best that can be given, unless particular circumstances should arise, and whenever any such occur, the last chapter of this book will point out the proper mode of treating them.

I come now to speak of what is termed preternatural *labour*, but as in all cases where great difficulty or danger occurs, I would not have the *midwife* depend entirely to her own judgment, but call in the assistance of a skilful man-operator, I shall be less circumstantial on this head, than the former, by reason, that giving instructions about what a *woman* is not able to perform, would be swelling this book, which is intended for the use of *women* only, to an unnecessary size, without encreasing its usefulness.

But though I shall be thus professedly concise, yet I trust that such instructions will be found in this part of my treatise; as
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will enable the judicious *midwife* to succeed in all but *desperate cases*, and as these in general require desperate exertions, we shall leave them to the management of such able and skilful gentlemen who follow this profession, as may be fixed on by the patient or her friends. But to proceed,

When the child's face comes first, it must be looked upon as receding very much from a natural labour, and managed with a great deal of caution and tenderness, by reason of the dangerous consequences that may arise from a want of circumspection. For should the *midwife* go about to promote the birth, by introducing her *fingers*, without the utmost care be taken she may destroy one, or both of its eyes.

To prevent this misfortune from happening, let her endeavour in a very gentle manner to discover with her finger what part of the face presents first, and whether it be the mouth, the nose, the eyes, the forehead, or the chin. But whatever part of the face presents itself, let the *midwife* take it for a general rule not to be too officious, with her fingers,

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unless it be to anoint the passages in the manner proposed when we were treating of natural delivery.

For whatever some may think or say to the contrary, the fingers do more harm than good in such cases, both to mother and child, and not unfrequently occasion the delivery to be more painful and tedious, than if it was left entirely to nature and the woman's strength.

It is true that this position of the child occasions the woman a great deal more pain and trouble than when the head presents in a natural manner, by reason that the parts are more violently stretched and distended, in this case than in the other, but a little time and patience, with a proper degree of resolution, will in général overcome all these difficulties.

When the feet present, the *midwife* will have little more to do than to wait, and take care that the patient is supplied with necessaries, such as were directed to be given in the beginning of natural labour; till such time as the orifices open, and the feet are protruded without the *lips* of the *privities*;
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soon after which if the toes are towards the mother's *buttocks*, the pains strong, the *pelvis* large, and the child small, the delivery will frequently be effected by nature, without any assistance from the *midwife*.

But when circumstances of this kind are unfavourable, there is a great deal of difficulty in bringing the child along, and still greater danger that it will not be saved at the birth. Therefore whenever the *midwife* finds that the hips do not come along so readily as could be wished, notwithstanding the pains are strong, let her wrap the legs of the child in some soft linen, and draw them gently towards her during the pains, waiting at times, that the orifice may be gradually dilated; for, by this method of proceeding, the *buttocks* will advance to the orifice of the *vagina*, and when they are brought a little through it, the linen must be shifted to the thighs, and she must take hold of them and extract as before, taking care if the toes do not point backward, to give the child's body a gentle turn, till its belly is exactly towards the mother's *sacrum*, and then having got the hips of the child

delivered, they must in like manner be enveloped with soft linen, and she must take hold of one with each hand, and continue to draw the body gently along, till it is found to stop, which will commonly be the case, by the time the shoulders are arrived at the external orifice of the *vagina*. The *navel-string* should now be frequently felt to know if the pulsations of the *arteries* continue pretty strong; for if they become so feeble as scarcely to be perceived, she must not then wait for the child to be delivered by the assistance of the pains altogether, but hasten the birth as fast as the nature of the circumstances will admit. For this purpose she must desire the patient to bear down with all her force, and in the mean time, she must endeavour to draw the child forward, though with caution, for fear the *spine* of the back, or any other part should be hurt. But if the *navel-string* happens to lie where the pressure between the bones of the *pelvis*, and the child, are not so great as to endanger the circulation through it, she may safely wait for the help of pains, by which the shoulders will frequently be brought

brought forth. But if these do not come readily, she must pass her right hand along the hinder part of the shoulder, till such time as she can get a finger or two over the top of it; and then by gently moving it from the *pubes* to the *pelvis*, bring it a little way out of the external orifice, whilst the body is drawn a little to the left side, by the left hand, she must now slide her fingers from the right shoulder, along the superior side of the arm, nearly to the elbow, bringing the last mentioned part, as she passes her hand along, towards the hollow of the *sacrum*, and then cautiously across the neck, and right side of the breast, till it comes entirely forth, when it will be easily followed by the lower part of the arm and hand.

The body of the child, must in the next place be gently extended, and moved towards the *midwife's* right hand, while with her left, she brings down the left shoulder, and then the arm, with the elbow across the neck, center and left side of the breast in an opposite direction to the former; by which method of proceeding both the

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arms,

arms, and the *perinæum* will escape being injured.

In the next place, she must place a hand on each side of the neck, and extend it in a gentle, cautious manner, during the continuance of a pain, and then rest, till another approaches, unless the *pulsations* of the *arteries* are very weak, and the pains not frequent. By this help only, the child's head will sometimes descend into the *pelvis*, so low as for the chin to rest upon the *perinæum*, and then the left hand being placed on its breast, with the tops of the fingers to the upper part of its neck, and the right hand on its lower part near the shoulders; they must be moved a little towards the *pubes*, the neck being extended at the same time; and then the head must be brought forth with a half round turn from under the edge of the *symphyfes* of the *pubes* forward.

The child being thus delivered from its confinement, should immediately be laid easy, and the air be permitted to have free approach to his mouth and nose; the mother should then be closely covered, and the

the child have time allowed to recover from the fatigue, through which it has so recently passed. And though it may sometimes appear dead, yet by waiting a few minutes, and rubbing it frequently with a warm cloth, with the additional application of the steam from warm brandy, vinegar, &c. to the nose; the *arteries* will begin to *pulsate*, at first in a very feeble languid manner, and soon after stronger, till at length the child will breath and recover. When it has drawn a few breaths, the *navel-string* must be tied and divided, the child delivered to an assistant, and the *after-birth* brought away in the same manner as directed for natural labours.

If the child's buttocks offer themselves for delivery, it is sometimes a matter of difficulty to distinguish them from the head, especially if they are high in the *pelvis*, with the *waters* before them, and one a little forwarder than the other. But when the *membranes* are once broken, the *waters* discharged, and the buttocks advanced to the

middle region of the *pelvis* they are easily distinguished, by feeling smooth and fleshy, and not of so round a form as the head. When they both present together, a furrow may be felt running across the extremity of the part presenting, and as they come down lower the *parts of generation* become so much swelled by the compression above, as to project considerably beyond this furrow, particularly if it is a male child.

Besides these symptoms, the child being doubled up as it were in this position, is frequently found to void a considerable quantity of a blackish excrementitious matter called *meconium*.

When the woman's parts are all well formed, and of a proper size, the child will generally be brought forward in this position, by the the natural efforts of the woman, unless it happens to be remarkably large; and when that is the case, though t' e birth is always extremely laborious and painful, yet it will (some few cases excepted) be compleated by the woman's endeavours,

deavours, and where those fail, it must be turned in the *womb*, and brought by the feet as before directed.

But as this operation of turning the child is perhaps one of the most difficult in the whole department of a *midwife's* office, I shall be pretty particular in describing the manner in which it may be most easily performed.

And first, whenever it is found necessary to introduce the hand into the cavity of the *womb*. The greatest care ought to be taken that the nails are cut short and perfectly smooth, the hand and lower part of the arm, must then be properly anointed, and the fingers gathered into a conical form, the thumb lying across the ball of the hand in an oblique manner, with its point upon the first joint of the ring finger reckoning downwards. In this form the hand must be gently glided along the *vagina* till the finger end reach the orifice of the *womb*, into which the first three of them must be introduced together if it is sufficiently open to admit them easily; but if that is not the case, she must not proceed, except in cases

of extreme danger, but wait till the parts are softened and dilated by nature, so as to admit them without much difficulty. When they are once introduced, the thumb must next be insinuated, and after that the little finger, then by opening and spreading them at times, the whole hand will shortly follow. As it is passed up, it must be directed forward, and as it ascends into the cavity of the *womb*, she may observe the width of the upper strait, and so determine whether or not the labour will be difficult and attended with danger.

But whether she does this or not, when she has once distinguished the part that presents first, and finds it best to proceed in turning, she must pass by this part on any side where there is the most room, and then attempt to discover the feet. But in so doing this, let her take care to keep the points of her fingers, and the palm of her hand always towards the child, and bear as little as possible against the woman, for fear of occasioning pain by too much pressure, or perhaps a laceration of the *womb* itself.

When the back is found to present, the *midwife* must pass her hand along the child's *sacrum*, round the buttocks, and up the thighs to the feet, which in this case will probably be found without much trouble, having secured them, they must be brought down, and the delivery compleated in the same manner as when the feet present.

When the fore part of the body presents, the belly may easily be distinguished by its softness, and by the *navel-string*, the breast by its hardness, together with the channel running along the middle, and the spreading of the ribs from each side, the neck by its sudden diminution from the last mentioned part, as well as by the nearness and hardness of the chin. And though this is as bad, if not the worst position that can happen, yet whatever part presents, the turning must be attempted in the following manner. Let the hand be passed from the *abdomen* along the thighs, till it reaches the knees, then the fingers must be carried round the hams, and the legs brought gently down towards the *pelvis*, while the

head and upper part of the body is moved towards the *fundus* of the *womb*, in a circular manner round to the place where the feet were originally situated. If both cannot be brought down at the same time, they must be fetched separately, and having brought them into the *pelvis*, the delivery must be completed in the manner before described.

When either of the sides present, it will be known by the edges of the shoulders, the ribs or the hips being felt. Having found the last mentioned of these parts, the *midwife* must guide her hand along its upper side, and likewise along the fore part of the thighs to the knees, and there by laying hold of the hams bring down the legs with a gentle twist forwards, every now and then loosing them, if any difficulty arises from the *womb's* contracting, or other circumstances, till having got both legs down, the delivery will be effected in the manner before related.

When a hand presents, together with the head, the child will sometimes come along
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in that position, without any hurt to itself or the mother. But when one or both hands come before the head in such a manner as to prevent it from passing through the upper straight of the *pelvis*; when a hand appears by itself, or with any other part but the head, an attempt should be made to turn the child, as soon as the orifices are sufficiently open to admit the *midwife's* hand.

When the *waters* have been long drained away, the arm quite protruded, and the shoulder forced down to the brim of the *pelvis*, by the contraction of the *womb*, it presages a very difficult and untoward labour, and therefore, before delivery is attempted, the situation of the breast should be discovered if possible, that the *midwife* may both pass her hand along it in order to come at the feet, and bring them down over it, that being the easiest and most natural way of performing the operation.

As soon therefore as the orifices will admit her hand, without suffering violence, she must pass it along the upper side of protruded

truded arm, into the *womb*, with the palm of it towards the breast of the child; being careful as she proceeds to slide it a little from one side to the other, and as she advances through the *pelvis*, she need not attempt to raise the child's arm, particularly if it is very low, nor should the head and shoulders be raised till such time as the feet are brought down, least the upper part of the *womb* should be hurt by forcing the feet or knees of the child violently against it.

But by proceeding in the manner above described, she will find that, as the lower parts are brought down, they will leave room for the head and shoulders to go up, and the arm and hand will then follow of course without hurting the *womb*, or in the least obstructing the delivery.

When the head of the child is stopped by the brim of the *pelvis*, and rests thereon, it is frequently adviseable to attempt the delivery by turning, but always so when the ears present, in which case, if the waters have been long drained away, the feet of the child at the *fundus*, and the *womb* violently contracted,

contracted, the labour will be exceedingly difficult. It will therefore be necessary to go to work deliberately, and in passing the hand through the *pelvis*, care must be taken to keep it along the upper parts of the child, till it arrives at the feet; but if this is found to be impracticable, by reason of the contracting power of the *womb*, the *midwife* must be content with a *ham* or single foot, which having obtained, she must hold between her fingers, and endeavour to bring it towards the orifice of the *womb*, and having succeeded with the first, the same case must be repeated in searching for, and bringing down the other, after which delivery will be effected in the same manner as the other cases before-mentioned.

If the *navel-string* is protruded, the child is in the most imminent danger of being lost, especially if either the head or buttocks come along with it; for these parts generally fill the passage so closely as to stop the circulation in the *navel-string*, by which means the child will soon be deprived of
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its life, if something is not speedily attempted on its behalf.

Therefore whenever the *midwife* finds this part coming down, before the *waters* break forth, and the head enters the *pelvis*, let her pass one or two of her fingers up, and with them keep it above the brim of the *pelvis*, till such time as the *pains* force the head into its cavity. But if she is not so fortunate as to discover it at this juncture; and a duplicature of it come down and protrudes through the orifice of the *vagina*; let her observe whether it is on one side of the *pelvis* or not; for if it is, and the *pains* at the same time happen to be forcing, and frequent, and the orifices soft and yielding, there is reason to hope that a speedy delivery will be safely effected, especially if the head is found to advance considerably, and the woman is of a good size, well formed, and already the mother of several children.

However, she must from time to time, pay great attention to the state of its pulsation, for if they once begin to be feeble and there
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is not a certain prospect of immediate delivery, she must introduce her hand as soon as the orifices will admit it to pass, and deliver the child by turning, by which method, if it is not already dead, it stands a chance of being saved. I shall just observe in this place that the *midwife* may sometimes be a little incommoded in turning, by meeting with the *navel-string* in her way both in passing her hand up, and bringing down the feet.

In the former of these cases, she need not pay much regard to this circumstance, but in bringing the feet down, she must take care to keep the legs from being entangled by it: for should that happen, the remaining part of it would be so short, as either to break before delivery is completed, or pull the *after-burden* too hastily from the inner surface of the *womb*, either of which must be productive of very dangerous consequences.

In cases of twins, it sometimes happens that they are both born in the natural way, but very often one, or both of them require

quire to be turned, for which purpose I shall add a few remarks on the manner in which such deliveries may be best affected, and then hasten to the conclusion of this chapter, in which I have already been very copious of instructions, for the management of all such cases as commonly occur to the female practitioner.

I have already taken notice of the signs which distinguish twins from single conception, during the state of pregnancy in the fifth chapter, it only therefore remains to enumerate such symptoms as attend the delivery, and of these the following are the principal:

The labour commonly begins in a very untoward manner, and proves very lingering. And though the head of the child may present right, and not appear of more than ordinary dimensions, yet its progress is seldom so speedy as might be expected. The *navel-string* is very short, the *after-burden* remains firmly fixed, and when the first child is born, the discharge of *blood* is much less than generally happens if there

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is but one, add to which, the quantity of *waters* is very small, and seems to bear no adequate proportion to the bulk of the mother before the commencement of labour.

The patient's *abdomen* may be felt externally hard and prominent, and internally the *membranes* which contain the *waters* belonging to the second child, may be felt presenting at the brim of the *pelvis*. If the head offers it will sometimes be easily distinguished, but most commonly not till such time as the pains of the second birth begin to be pretty strong. In the mean time, if the head comes in a right position, and there appears no immediate danger to the mother, the *midwife* may wait a while, only taking care to supply her with proper nourishment, to compress the upper part of the *abdomen*, and to examine the extremity of the *navel-string* which belongs to the *placenta*, and see that no discharge of *blood* from thence endangers the life of the child or its mother.

Having observed these particulars, and paid proper attention to the progress of the birth ;

birth, she may break the *membranes*, as soon as the head is found to be descended into the *pelvis*, for in this case, as the child is in general but small, and the orifices already sufficiently opened, the delivery will soon follow, when the head is once thus far advanced.

But when she finds (after waiting a reasonable time) that the head does not come forwards, or that any other part of the body presents, she may then introduce her hand, effect the delivery by turning, in the manner before described. If there happens to be more than two children in the *womb*, they must all be brought by the feet in the same manner, as soon as convenient, after each other, the *midwife* observing to turn the legs and thighs of each backwards, towards the mother's buttocks, as they pass through the orifice of the *vagina*; after this she must bring down the shoulders, and then the head, being careful at the same time to remove the *navel string* as small a distance as possible from the mouth of the *vagina*, by which means the *navel-string* will escape being injured,

ed, notwithstanding its shortness. When the children are all brought forth, the after-burden may be carefully and slowly extracted; and while this is doing, the napkin or roller, which was applied to the *abdomen* should be tightened by degrees, as such a mode of conduct will prevent the patient from experiencing fainting fits, and other disagreeable consequences which would ensue, was this circumstance to be neglected.

CHAP.

CHAPTER X.

OF FEMALE DISEASES.

HAVING in the foregoing chapters described the parts appropriated to the great work of generation in both sexes, with their different uses. The manner in which conception is effected, and the signs of it. The causes of barrenness, and the means by which it may be prevented or removed. The manner in which the *fetus* is nourished during its stay in the *womb*. The most remarkable accidents which women are exposed to, in consequence of being pregnant. The manner in which all kinds of *labour* whether natural or preternatural, difficult or easy, are to effected, and several other things equally important and necessary to be known by the fair-sex; I shall conclude this work with an account of such other disorders as the delicacy of their frames unavoidably exposes them; and an ample list of such remedies as appear most properly adapted to their removal.

OF

I. OF THE CHLOROSIS, OR GREEN-SICKNESS.

This disorder is a partial or total obstruction of the *uterine vessels* in young females, who are arrived at the age of *puberty*. The symptoms of it are, a pale fallow skin, great disinclination to move, lassitude, coldness of the extremities, loss of appetite for wholesome food, and a desire for absurd things: sickness, and vomiting, difficulty of breathing, palpitations of the heart, dejection of mind, faintness, and swellings of the feet and other parts of the body.

Its cure consists in correcting and discharging the depraved juices of the body, and removing *glandular* obstructions, and after that strengthening and bracing the solids: for the first of these purposes, any of the following *formula* may be used, according to the inclination of the patient, or appearance of the disorder:

1. TAKE Ruff's pills, fifteen grains,
Salt of steel, five grains,
Oil of savine, two drops,
And with the addition of a little syrup of
any kind, make the whole into three pills, to
be taken every night at bed-time.
2. TAKE Tincture of hiera picra, half an ounce,
Spirit of lavender, and
Tincture of castor, of each half a dram.
For a single dose to be taken every other
morning for the space of a week or
nine days.
3. TAKE Emetic tartar, a quarter or half a grain
(according to the patient's strength)
Magnesia, ten grains,
Spring water, an ounce,
And mix them for a single dose, to be repeated
twice a week in the morning fasting.
4. TAKE Gum pills, and
Pil. cochia, of each half a dram,
Beat them together, and of the mass make
twenty pills, one of which may be
taken every night and morning, wash-
ing them down with a tea-cupful of
chammomile tea.
5. TAKE Elixir proprietatis, and
Tincture of steel, of each two drams,
Mix

Mix them, and let the patient take thirty drops in a little penny-royal tea, twice or three times in the space of twenty-four hours.

After some of these medicines have been taken for some time, the following strengthening and invigorating ones will be found serviceable.

1. Let the patient take a tea-spoonful of tincture of black hellebore in pennyroyal-tea, at eleven o'clock every morning.

2. TAKE Elixir of aloes six drams,

Aromatic tincture, two drams;

Mix, and give eighty drops twice or three times a day in a glass of any agreeable liquor.

3. TAKE Steel wine, an ounce,

Tinctura sacra, half an oz.

Shake them well together, and give two tea-spoonfuls three times a day, in a little red wine and water.

4. TAKE Bitter tincture, and

Huxham's tincture of bark, an oz. each,

To which add of the weak spirit of vitriol, forty drops, and give two tea-spoonfuls three times a day, in a little chammomile tea.

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5. TAKE Prepared steel, and

Conserve of orange peel, of each 3 drams,
Aromatic spices, two drams,

Syrup a sufficient quantity to make an electuary, of which give the quantity of a small nutmeg twice a day, and let the patient drink a draught of centuary tea after each dose.

By persevering for some time in the use of such of these medicines as may be thought most proper, the stomach will be brought to a due performance of its office, the offending fluids will be carried off, a more healthy *chyle* prepared; and, in consequence of that, the red particles of blood will be greatly increased, the *uterine vessels* opened, the *menstrual* discharge become regular, and the whole train of disagreeable symptoms vanish.

Many people are fond of bleeding in this disorder, but it is in general a very bad practice, except in full robust habits, and even then it should only be admitted while the disease is in its infancy.

Warm baths for the feet are peculiarly serviceable where they do not swell, but
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when they do, the parts should be frequently rubbed with a warm hand or a flesh brush, and a roller of fine flannel applied after that operation is over.

In all cases exercise will be found serviceable, and it will be best to make a trial, what this, assisted by light nourishing diet will do, before recourse is had to medicines, as a cure will many times be effected thereby without the trouble, or expence of physic.

II. OF IMMODERATE MENSTRUAL DISCHARGE, AND THE DISAPPEARANCE OF THE MONTHLY TERMS.

Whenever the *menfes* exceed the natural quantity, continue longer than usual, or happen more frequently, the whole frame becomes soon debilitated and weakened, and if recourse is not had to proper means for regulating them, the consequences are many times very serious and alarming.

This disorder, for such it is in reality, may be occasioned by a variety of causes, such as too nourishing a diet, with the free use of heating liquors, violent exercise, passions of the mind, costiveness, miscarriages, &c.

While the flux continues great caution should be used in giving medicines, or much mischief may ensue, by having the discharge too suddenly checked or stopped. In general it would be prudent to begin the cure by

by trying the use of a sparing diet, and cool air; and if these should not succeed, a small quantity of blood may be taken from the arm, and some of the following medicines may then be tried, and will in most cases be found to answer the purpose intended much better than strong *styptics*.

1. TAKE Dragon's blood, two drams,
Roach allum, one dram,

Reduce them to a fine powder, which divide into six parts, and take one every fourth hour, in a little yarrow-tea.

2. TAKE Red rose leaves dried, a moderated handful,
Strong oil of vitriol, forty drops,
Lump sugar, an ounce, and
Boiling water, a pint,

Let them stand to infuse for the space of an hour, after which the liquor may be strained off, and taken to the quantity of three large spoonful every fourth hour.

3. TAKE Eight or ten drops of the weak spirit of vitriol, three or four times a day, in a glass of red port.

4. Let cloths dipped in equal parts of brandy and vinegar, be applied cold to the loins, the room at the same time being kept cool, and the patient's mind as tranquil as possible.

When the patient is recovering, the diet should be nourishing, but the quantity at first should be but small, nor should the usual mode of living be allowed, till all danger of a relapse is for the present at an end.

When this monthly evacuation naturally ceases, some artificial discharge should be substituted in its stead, such as gentle purges, bleeding, particularly, if there appears any extraordinary fullness of the blood-vessels. In some full constitutions, an issue in the leg proves exceedingly useful, as it in some measure answers to the *uterine discharge*, and frequently supersedes the use of medicine.

Indeed when nature puts a stop to this discharge, it is frequently diverted into other channels, by her own agency, it should therefore, be our business not to intrude

trude too officiously upon her, but when she appears unequal to the task, the business of art is to procure such moderate discharges as have been mentioned above, and the rest will generally be effected by her exertions.

III. OF THE WHITES.

This is a discharge of thin white, yellow, or reddish coloured matter, of an acrid corroding quality, from the glands of the *womb* and the *vagina*. It is commonly accompanied with a wasting of the body, paleness, debility, head-ach, pain in the back, and loins, loss of appetite, and turbid *urine*. The cure will in general be effected by the use of such medicines as the following:

1. TAKE Chio turpentine, two drams,
 Extract of rhubarb, half a dram,
 Colcathur of vitriol, one scruple,
 Syrup of balsam, a sufficient quantity
 to make the other ingredients into a mass, which
 is to be divided into moderate sized pills, two of
 which may be given at night, and three the
 next morning, daily as long as appears necessary.

2. TAKE Gum olibanum, half a dram,
 Lump sugar, a dram, grind them well
 together, and then add a dram of
 the tincture of peruvian bark, and
 an ounce and a half of weak cinna-
 mon water, for a draught, to be
 taken three times a day.

3. TAKE Peruvian bark in powder, an ounce
 and half,
 Balsam of capiva, half an ounce, and
 with a sufficient quantity of syrup make an elec-
 tuary, of which the quantity of a nutmeg may
 be taken three times a day, drinking a draught
 of any bitter tea after each dose.

When a scorbutic taint prevails in the
blood, it would be dangerous to check this
 discharge

discharge too suddenly without first correcting the acrimony of the blood and juices, by decoctions of sarsaparella, saffraſas, guaiacum, &c. or by lime water, leaſt the humour ſhould ſettle on the *womb*, or be driven back, and ſeize on ſome other noble part.

Injections made with aſtringent ſubſtances, ſuch as allum, vitriol, white lead, or oak bark, are ſometimes uſed to advantage in this complaint; or the fumes from *cinnabar*, *maſtic*, *amber*, and *frankincenſe* mixed together in equal proportions may be received to the privy parts with equal advantage.

When the parts are rendered ſore and painful by the ſharpneſs of the diſcharge; they ſhould be frequently waſhed with a ſponge, or ſome ſoft linen rag, dipped in milk and water, and ſome kind of ſoft healing ointment, ſhould be afterwards applied; *ſperma ceti*, the *lead ointment*, or *brown cerate* are all proper for this purpoſe, and will ſoon heal the excoriated parts. But when the parts are not ſore, only troubled

with an itching sensation, they may be washed with a weak solution of *white vitriol*, or *sugar of lead*. Bleeding and cooling physic are likewise generally necessary in these cases.

IV. OF THE DISORDERS WHICH ATTEND PREGNANCY.

Having in a former chapter, enumerated and described the principal complaints to which pregnant women are subject, I shall refer my readers to that chapter for a particular account of them, and only give the necessary directions for their cure in this place.

When in the early months of gestation the patient is attacked with pains in the stomach, head-ach, sickness, and vomiting; proper evacuations, such as bleeding with *emetics*, or gentle *cathartics*, as the nature of
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the case points out, should be submitted to, with gentle exercise, and light spare diet.

Difficulty of making water sometimes happens about the fourth month, but is seldom of long continuance: for present relief bleeding is necessary, to abate the *uterine* fulness: the body should likewise be kept open, and the belly may be kept suspended by a proper bandage.

If the *legs* swell much, and the *veins* appear knotted, a laced stocking or roller, and a supine posture are the best remedies. Should the *piles* prove troublesome, and not yield to the use of gentle opening remedies, they must be emptied by leeches, or opened by the lancet, and a recumbent posture must be strictly adhered to.

Women that are subject to miscarry at a certain period of their pregnancy, should frequently lose a little blood during the first four months, particularly for a few days previous to the time that this has formerly happened. The quantity taken away at each time, should never exceed four or five ounces; but it should be repeated once in

five or six weeks, beginning immediately after conception. Two or three ounces of a decoction of the bark may also be taken twice a day, and now and then a little rhubarb, to keep the body soluble; too much exercise is prejudicial in this and all similar cases.

When a discharge of *blood* comes on after sudden frights, or violent exercise, attended with pains in the loins which extend down the thighs, and terminate laterally at the bottom of the belly, there is great danger of a miscarriage taking place, in order to prevent which, the woman should immediately be put to bed, and lose eight or ten ounces of blood. After which, she may take half a grain of *opium* made into a small pill, and endeavour to compose herself as much as possible. Should the pains return, the *opiate* may be repeated occasionally, once in eight or ten hours, the food taken should be light and easy of digestion, and the drink barley water, and such kind of cooling liquors as I have before recommended.

Costiveness in the latter months of pregnancy, should be prevented by taking a spoonful of sweet oil every night, or a little *magnesia*, *cream of tartar*, *manna*, *lenitive electuary*, and such-like gentle openers occasionally.

When *labour* comes on, no strong nourishment, or drinks, should be allowed, *panada*, *caudle*, small broths, toast and water with a little wine, are generally sufficient. Common emolient *glysters* with oil, may be given every six hours, and when the *pains* flag, without bearing down, the best remedy to promote them is about twenty drops of *laudanum*, which by obtaining a truce with these fruitless pains, generally procures a few hours sleep, during which time the *parts* are relaxed, the patient's spirits recruited, and she is enabled to enter on her *labour*, with alacrity and fresh vigour at the return of the pains.

It is the proper office of the *midwife* to assist, and not to force nature, for which reason they should not be too officious in the beginning of *labour*. And in the latter end, when their assistance becomes necessary,
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it should be given with all imaginable tenderness and delicacy, and not in the rough boisterous manner, but too often put in practice, by which the parts are inflamed, *labour retarded*, and the *perinæum* frequently torn and lacerated. But as I have already given ample instructions for the management of women in *labour*. I shall conclude this section with observing, that it would be happy for the fair-sex in general, did they but know, that in *natural labour*, more depends on their own efforts, than on the *midwife's* skill, and that in young, healthy, well formed women, nature is generally equal to her own task. That the most successful practitioners are those who trust most to her, and avoid every occasion of thwarting her efforts, by an over officious sedulity, or an insidious appearance of dexterity. These cautions are only applicable to natural labours, for in all that do not come under that title, the best and earliest assistance should be obtained.

When excessive floodings happen after delivery, the woman's belly should be gently swathed, and linen cloths which
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have been previously moistened with vinegar and water, may be applied to the belly and loins: they should be changed for fresh ones as often as they get dry, and if the weather be hot the woman should be kept cool and quiet, she may be refreshed at proper intervals, with small quantities of red wine and water, with the addition of a little lemon juice, and be supported with jellies, and chicken, or mutton broth, to fill the exhausted vessels, and keep up the circulation.

The best *styptic* or restraining medicine is at first twenty drops of *laudanum*, and when the discharge grows more moderate, the bark either in substance, infusion, or decoction.

Sometimes an inflammation of the *womb* comes on after *labour*, and may be known by a pricking pain in the lower part of the belly, attended with a tendernefs and tightness of the whole, a continual fever, and a weak hard *pulse*. Sometimes violent vomiting and hiccups come on, with an entire suppression of *urine*, and of the *lochia*, or they are very small in quantity, and of a watery

watery appearance, with a disagreeable stinking smell. In this dangerous, and too often fatal complaint, the ablest assistance should be procured as speedily as possible, for a few moments loss would in such cases prove irreparable, and there is no doubt but many women have fell a sacrifice to the folly and ignorance of their nurses, on occasions like these, who, on a suppression of the *lochia*, have frequently recourse to some heating medicine, under a notion of forcing the discharge, by which means the inflammation is increased, the fever heightened, and the case made desperate.

The true method of cure is repeated bleedings, according to the patient's strength, emollient *glysters*, and fomentations, and the liberal use of barley water, almond milk, with two drams of nitre dissolved in every quart, and other diluting liquors, for if the inflammation is not soon discussed, and carried off, a mortification will certainly be the consequence.

The total suppression of the discharges after delivery, should be treated in the same manner

manner; if fever attends, bleed; if the belly be sore and painful, *fomentations* are exceedingly useful, and *glysters* which act as internal *fomentations*, should be frequently injected, and retained as long as possible.

If the milk fever runs high, the cooling method above recommended, should be put in practice, with a very light diet, consisting of nothing but *panada*, *caudle*, *broths*, *barley-water*, &c. and a tea-spoonful of spirits of sweet nitre may be given twice or three times a day, in a glass of spring water, to favour the operations of nature.

If there be no discharge of milk from the breasts, they must be drawn by a child, glassess, or a proper person before they get too hard and full; they may likewise be fomented with warm milk and water, in which a little hard soap is dissolved, and covered with an ointment made of spermaceti and oil spread on some soft fine rag.

The *nipples* of women that give suck, are often fretted and excoriated, which proves very painful to them. One of the best remedies for this inconvenience is the above-mentioned

mentioned ointment, or a little oil and wax melted together. Deer's suet, the caul of a sheep, starch, treacle, &c. are frequently made use of for the same purpose with success; and the washing them with *lime-water*, with the addition of a little *brandy*, is very conducive to heal the excoriated parts, and harden the skin.

V. OF HYSTERIC, AND OTHER FITS.

The causes of those afflictions usually called the *hysterics*, are so various and obscure, that no satisfactory account has hitherto been given of them, and perhaps never will; we shall therefore only enumerate the most striking symptoms of this complaint, and these are generally as follows:

On the approach of a fit, an oppression of the breast is first perceived, with a difficulty

ficulty of breathing, the eyes grow dim, and close, the head seems to the patient to turn round, and they frequently remain for some time in a state of insensibility; and when they recover, it is with great sighing, and anxiety, sometimes the convulsions are so strong and universal, that it is with difficulty the affected person is held down in bed, by four or five assistants, violent laughter and profuse weeping, alternately succeed each other, and they frequently complain of a pain about the stomach, and the rising of a ball or globe as it were into the throat, which seems to threaten instant suffocation; the *urine* during the fit is always pale and colourless, and is generally discharged in very large quantities.

The method of treating this disorder during the fit, is to abate the convulsive *spasms*, and to controul the inordinate motion of the animal spirits. If the patient, therefore, be of a full sanguine habit, blood may be taken away with advantage, after which the best medicines will be such as have a strong foetid scent; as *asafætida*, *galbanum*,

banum, and *garlic*; *oil of amber*, and *hartshorn* dropt on cotton, should be put up the nostrils, and the feet and legs may be kept all the while immersed in warm water.

The fumes of burnt feathers, &c. may also be conveyed to the nostrils or they may be rubbed with *eau de luce*, or spirit of *salammoniac* 'till medicines can be given internally. These may be repeated, doses of tincture of *asafætida*, *galbanum* *soot*, *castor*, &c. taken in water or the *camphor julep*, frictions on the legs, arms, or belly will likewise prove serviceable in most cases, and when the convulsions are more than commonly strong, fifteen or twenty drops of *laudanum* may be added to a dose of the above foetid medicines, and repeated once in twelve or fourteen hours, if there should be necessity.

If a solid substance can be swallowed, ten or fifteen grains of *asafætida* and *castor*, with a grain of *opium* may be given, and repeated occasionally, and when the convulsions are chiefly in the bowels, a dram or more of *asafætida*, or half an ounce of *oil*
of

of amber may be dissolved in water, and thrown up by *glyster*.

A draught of vinegar and water will sometimes remove the fit, in other cases, *muske* given to the amount of twenty or thirty grains, once in six hours, has proved peculiarly serviceable, but while different, and even opposite remedies produce the same effects in different women, it is impossible to point out any general method of treating this complaint; the best way is, in such cases, to have recourse to the most gentle remedies at first, and should these prove unsuccessful, more powerful ones may be procured in the mean time, and tried afterwards, as there is seldom any immediate danger to be apprehended from fits of this nature.

Fainting-fits arise from various causes, and like *hysterical* affections require different treatment at different times, and in different persons. Those which arise from over-fullness, require bleeding in the arm; vinegar may be snuffed up the
nose,

nose, and rubbed on the forehead and temples, and two or three spoonfuls should be taken inwardly, with about twice the quantity of water, as soon as the patient can swallow. When they recover, quietness should be strictly enjoined, and small diluting liquors, with the addition of *lemon-juice*, *vinegar*, or other mild acids, should be plentifully given. Faintings in consequence of excessive joy, surprize, frights, &c. require the same mode of treatment to be adopted; but those which proceed from loss of *blood*, whether from wounds, the nose, the *womb*, or any other part require to be treated in a very different manner. After applying *volatile salts*, or *spirits* to the nose, hot wine mulled with *cinnamon* and sugar should be frequently taken; compresses of soft linen dipped in brandy, should be applied hot to the pit of the stomach, and hot bricks or bladders filled with hot water to the feet; after which they may be well rubbed with a warm hand or a flesh-brush. Good broths, jellies, and
biscuits

biscuits soaked in wine or brandy should likewise be frequently taken in small quantities, to recruit the exhausted vessels, and keep up the animal spirits.

Thus having informed my fair readers, how the disorders to which the delicacy of their frames, and the part they sustain in the work of generation exposes them, should be treated; I shall only add a choice collection of receipts for other accidental complaints with which themselves or families may be visited, and then take my leave of them.

CHOICE

C H O I C E R E C E I P T S

FOR

VARIOUS COMPLAINTS.

1. *Barley Water, with Nitre, &c.*

Should be prepared according to the College Dispensatory, adding a dram and a half, or two drams of nitre to every quart, with a proper quantity of sugar.

2. *A general cooling Purge.*

TAKE half an ounce of manna, with the same quantity of glauber, Rochelle, or Epsom Salts; dissolve them in two or three ounces of infusion of senna, to which may be added, half an ounce of the tincture of the same: or six drams of manna, and the above salts may be dissolved in water, with half an ounce of tincture of senna.

3. *Emollient Glysters*

MAY be prepared with ten, or twelve ounces of a decoction of oatmeal, bran, mallows, or
 1 chamomile

chamomile flowers; to which may be added, four spoonfuls of oil, and one of honey, or coarse sugar; when they are intended to be opening, add half an ounce, or more of lenitive electuary, or the same quantity of purging, or common salt.

4. *Topical Emollient Applications*

MAY be made of decoctions of marsh-mallows, mallows, elder, chamomile flowers, dried poppies, barley-water, or milk and water, with hard soap, by way of fomenting a pained part: bags of the above herbs may be applied hot, and their heat retained by the application of hot tiles over them; bladders, half filled with the above decoctions; or hot water and bran, may be used for the same purpose: poultices of bread and milk, barley, or rice thoroughly boiled, with oat, or linseed meal, may be used to abate pain or local spasms.—The volatile liniment or camphorated oils, may also be rubbed into the part for this end.

5. *The Fever, or Saline mixture.*

TAKE two drams of salt of wormwood, or tartar; three ounces of lemon juice, and ten of spring water; brandy or nutmeg water, two or three spoonfuls, and half an ounce of sugar, to
which

which two or three grains of emetic tartar may be added.

6. *A Fever Powder*

Prepared with ten or fifteen grains of unwashed calx of antimony, and the contrayervā powder of the London Dispensatory; to which may occasionally be added, the same quantity of nitre.

7. *The Antimonial Fever Powder.*

TAKE of calx of antimony, or powder of crabs claws, ten drams, tartar emetic one dram, mix together, and keep it close stopt; the dose from three grains to ten, every four or six hours: or from half a grain to a grain and a half of tartar emetic, with ten of the antimony, may be given for a dose where puking is intended.

8. *The Bark Decoction.*

Boil an ounce of Peruvian bark powdered, in three pints of water to one, and when settled, decant off; to this may be added, according to the case, a proportionate quantity of the above decoction; nitre, or the diuretic salt, &c.

9. *An Electuary against obstinate intermittent Fevers.*

TAKE an ounce of Peruvian bark, two drams of crude sal ammoniac, and one of myrrh, or long pepper, with two scruples of alum, and a proper quantity of syrup, to be taken between the fits, and repeated once or twice.

10. *Other Remedies against the same.*

TAKE chamomile flowers powdered half a dram, salt of wormwood, alum and myrrh, of each ten grains; to be taken every three hours when the fever is off.—A decoction of two ounces of chamomile flowers, made by boiling in three pints of water to a quart, to which, two or three drams of salt of wormwood are added; may be given to the quantity of four ounces every three hours as above; to which may be joined, fifteen grains of nutmeg, alum, and extract of bark.

11. *A Diuretic Ale and Infusion.*

TAKE of mustard seed whole, and juniper berries, of each half a pound, wild carrot seed, eight ounces; common wormwood four ounces,

ounces, broom ashes half a pound; infuse in two gallons of new small ale; or,

TAKE two ounces of scraped horse raddish root; one ounce of juniper berries, and two drams of winter's bark, infuse in two quarts of boiling water, and add to it four ounces of brandy, or Holland gin.

12. *Decoctions against Diarrhæas.*

Boil two ounces of log-wood, or oak bark, with a dram, or two of cinnamon, in three pints of water to a quart; to which may be added, cinnamon water, or japan tincture.—Decoctions may be prepared with semiruba, cascarrilla, and rad columb; by boiling two or three drams in a pint and a half of water to a pint: four spoonfuls for a dose thrice a day; or fifteen grains, or a scruple of the powder.

13. *Antiscorbutic Decoctions*

Are prepared by boiling three ounces of burdock root, elm bark; or sarsaparilla, in three pints, or more of water, to a quart; to which, half an ounce of liquorice root may be added; the dose, half a pint thrice a day.

14. *Emmenagogic Electuary.*

TAKE of black hellebore root, extract of favin, simple or compound powder of myrrh, each half an ounce; candied ginger, or conserve of orange peel, one ounce; dose, the quantity of a large nutmeg twice a day, with the bitter infusion.

15. *Electuary against the Bloody Flux.*

TAKE of red rose leaves powdered, and of newly boiled mutton suet, each four ounces, Lucatellus balsam, one ounce; dose, a tea-spoonful thrice a day.

16. *An opening Electuary.*

TAKE lenitive electuary an ounce and a half, cream of tartar, three drams; jalap powdered, and nitre, of each, one dram; to which may be added, half an ounce of candied ginger, or half a dram of the powder, the dose, a tea-spoonful, more or less.

17. *A purging Powder.*

TAKE of powdered jalap from a scruple to half a dram, cream of tartar, ten grains, or five of ginger.

18. *Deobstruent*

18. *Deobstruent Pills.*

TAKE of gum ammoniac, two drams; squills powdered, and the aromatic species, of each half a dram, or more; castile soap, three drams.

19. *The Solvent, or Chitticks, Drops.*

TAKE eight ounces of potash, and four ounces of salt of tartar fresh calcined; mix, and put them into a glazed earthen vessel; then pour upon them a quart of boiling soft spring water; let the infusion remain twenty-four hours, stirring it now and then, and afterwards filter it for use; the dose from thirty to sixty drops, taken in half a pint of veal broth, milk and water, or linseed tea, twice a day fasting, and abstaining from all acids; in stone, gravel, or bilious obstructions.

20. *Repellent, and Discutient Gargles.*

TAKE of the infusion or tincture of rose leaves, one pint; honey and white wine vinegar, of each two ounces; to which may be added, a dram of nitre, or sal ammoniac for a gargle or vapour.

21. *Boerhaave's Mixture against Gripes in Children.*

TAKE of Venice soap two scruples, the yolk of a fresh egg, half an ounce; break them well together, and add three drams of crabs eyes powdered, a scruple of rhubarb, four ounces of water, and an ounce and a half of syrup of roses; the dose a spoonful every hour 'till the gripes cease.

22. *Sudorific, or Dover's Powder.*

TAKE of opium and Indian root powdered, of each two grains, tartar of vitriol and nitre, of each eight grains, for a dose.

23. *A Resolvent Poultice.*

TAKE red wine lees, and the best vinegar, of each half a pint, in which dissolve half an ounce of sal ammoniac, to which add a proper quantity of linseed or oatmeal.

24. *An Emollient Poultice.*

TAKE of milk, six ounces; grated bread, a sufficient quantity, add the bread to the milk, when of a boiling heat, then beat up well
with

with them, two spoonfuls of oil: or pour a sufficient quantity of boiling water on linseed meal, to which add a little oil. It may be prepared also with a mucilage of the same, thickened with a sufficient quantity of the linseed meal, this last is a good application to pained eyes.

25. *A Discutient Poultice.*

TAKE six ounces of barley meal, two ounces of fresh hemlock bruised, or of the powder; boil together, with the barley in a sufficient quantity of vinegar, in which half an ounce of crude sal ammoniac is dissolved; or the hemlock may be boiled in water to a pulp, and thickened with linseed meal.

26. *A Receipt against the Plague, &c.*

TAKE of rue, sage, mint, rosemary, wormwood, and lavender, an handful of each, infuse them together in a gallon of white wine vinegar, put the whole into a stone pot closely covered up, and pasted over the cover, set the pot thus closed up upon warm wood ashes for eight days, after which strain through fine flannel the liquid, and put it into quart bottles well corked, and in each a quarter of an ounce of camphire; with this preparation

wash your mouth, and rub your loins and your temples every day, snuff a little up your nostrils when you go into the air, and carry about with you a bid of sponge dipped in the same, in order to smell to upon all occasions, especially when you are near any place or person infected.

27. *Another.*

TAKE three pints of muscadine, and boil therein a handful of red sage, and a handful of rue, till a pint be wasted, then strain it, and set it over the fire again, and put to it a pennyworth of long pepper, half an ounce of ginger, a quarter of an ounce of nutmegs beaten together, then boil it a little, then take it off, and put into it one ounce of the best Venice treacle, half an ounce of the best mithridate, and a quarter of a pint of the best angelica water. Take it always morning and evening warm, one spoonful or two, if infected, if not, one spoonful is sufficient, one half in the morning, and the other at night. All the plague time, under God, trust to it, for there never was man, woman, or child, deceived by it. It is good in all other malignant distempers.

28. *For the Cure of the most inveterate Rheumatism.*

TAKE six pounds of the lean part of the round or buttock of the best beef you can get, which slice thin, three or four heads (not cloves) of garlick, which clean well and shred fine, prepare a glossed earthen pipkin, into which lay a slice of the beef, and then strew it over with the garlick, so *stratum super stratum* till all be put in, cover this over with a paste or dough, and let it stew or seeth over a gentle fire for twenty-four hours, then pour off the liquor, set it by for use, and take every morning and night a quarter of a pint thereof, keeping yourself warm.

29. *For the Cure of a green Wound.*

Prevent as much as can be the wound from bleeding, since the blood (if not much corrupted) is one of the greatest balsams, then speedily mix some white wine vinegar, and common table salt, bruised fine together, and be not sparing of the salt, with this wash the wound very well, and continue to do so for some time; should the incision be deep, make dossils, which dip in the above liquor and put plenty of salt on them, with which

fill up the wound to the surface of the skin, and lay a compress over, well impregnated with the above, then bind it up, and every five or six hours pour some of the same liquor on the dressing to keep it moist, and open it but once in twenty-four hours; when the flesh is grown up (which it will very soon do, if you be not too effeminate and afraid of the smart, but keep it clean) apply a plaister of diacolan, &c. to skin it over.

30. *Receipt for an Ulcer in the Lungs.*

Let the person afflicted lie with his head downward, so that his head and neck are much lower than his chest; let him heave or cough easily, and he will expectorate and discharge the virulent matter from his lungs.

31. *A Receipt to cure the Gravel.*

TAKE a spoonful of honey, and a spoonful of oatmeal, put them into a quart mug, pour thereto boiling water, and stir them well together, let it stand till it cools, drink one half at night going to bed, the remainder in the morning fasting, stirring it together before you drink it; repeat this every day constantly.

32. *A Receipt to cure the Bloody and other Fluxes.*

TAKE the lean of hung beef, shaved off very thin, and dried on a fire shovel or griddle over the fire, and reduced to a fine powder, put as much as will lie on half a crown into half a pint of claret, a naggin of whiskey, and some loaf sugar, and set it on the fire, stirring it as it burns for some time, then blow it out, and give a glass full at night and morning; and if it does not immediately cure, you may repeat it; or you may put the beef into whiskey alone, and give it either burnt or cold to the patient; and if you add cinnamon, it may perhaps hasten the cure; but I never used it. I have never known this to fail of a cure.

33. *A Receipt to heal Wounds and Bruises, likewise employed internally, to remove Coughs, Asthmas, and various complaints of the Breast, being the Vulnerary Balsam, and celebrated under the different Names of, Persian Balsam, Wade's Balsam, Balsam of Berne, the Commander's Balsam, Friar's Balsam, Jesuit's*

Jesuit's Drops, Turlington's Drops, &c.
&c.

TAKE of bonzoine, powdered, three ounces, balsam of Peru, two ounces, hepatic aloes, in powder, half an ounce, refined spirit of wine two pints, digest them in a gentle heat for three days, and then strain the balsam. From twenty to sixty drops is the dose. It is said to cleanse the kidneys, ease the cholic, and to heal internal ulcers, &c.

34. *A Receipt to make Diet Drink, being an Antiscorbutic,*

TAKE great waterdock root, sliced and dried, two pounds, fresh horseraddish root, one pound, dried water-trefoil, four ounces, infuse them in ten gallons of new ale. This ale being used as common drink in scorbutic disorders, generally does great service.

35. *In dropfical Habits, the following Diuretic Ale is an excellent Diet Drink, as well as in gravelly Complaints.*

TAKE of Juniper berries, and mustard seed, eight ounces of each, wild carrot seed six ounces, and small new ale ten gallons.

36. *Receipt*

36. *Receipt for making Eye Water.*

TAKE of rose water six ounces, and of white vitriol half a dram; dissolve the vitriol in water, and skim it off for use.

37. *Purging Draughts.*

TAKE of common water an ounce, aromatic tincture six drams, jalep in powder, a scruple, rub the jalap with twice its weight of sugar, and add to it the other ingredients. Or,

TAKE of manna an ounce, soluble tartar, or Rochel salt, from three to four drams, dissolve them in three ounces of boiling water, to which add half an ounce of Jamaica pepper water.

38. *Vomiting Draughts.*

TAKE of simple water an ounce, simple syrup a dram, and a scruple of ipecacuanha, in powder; mix them together, and take it for a dose.

39. *An Electuary for the Palsy*

TAKE of conserve of roses and powdered mustard seed, each an ounce; syrup of ginger, sufficient

cient to make an electuary. A tea spoonful to be taken three or four times a day.

40. *An Electuary for the Piles.*

TAKE flowers of sulphur one ounce; cream of tartar half an ounce; treacle, a sufficient quantity to form an electuary. A tea spoonful to be taken two or three times a day.

41. *A Gargle.*

This cooling gargle may be used either in fevers or the inflammatory quinsy, for cleansing the tongue and fauces.

TAKE of water six ounces, honey one ounce, nitre a dram and a half; mix them.

42. *A diuretic Mixture.*

TAKE of mint water five ounces, vinegar of squils six drams, sweet spirit of nitre half an ounce, syrup of ginger an ounce and a half; mix them. When the urinary passages are obstructed, two spoonfuls of this mixture may be taken twice or thrice a day.

43. *A Liniment for Burns.*

TAKE fresh drawn linseed oil and lime water, of equal parts, shake them well together in a
5 wide-

wide-mouthed bottle, so as to form a liniment.

It may either be spread upon linen cloth, or the parts affected may be anointed with it twice or thrice a day. This has been found an exceeding good application for recent burns or scalds.

44. *A purging Pill.*

TAKE of castile soap and succotorine aloes, each two drams; of simple syrup sufficient to make them into pills.

Four or five of these pills will generally be a sufficient purge; one taken night and morning will keep the body gently open, and answer every purpose of *Anderson's* pills, which are chiefly composed of aloes.

45. *A strengthening Pill.*

In disorders arising from a relaxation of the solids, excessive debility, two of the following pills may be taken twice a day.

TAKE salt of steel, and soft extract of bark, each half an ounce; make them into pills.

REMEDIES FOR
 BARRENNESS, OR IMPOTENCY,
 IN BOTH SEXES,

(See Chap. 5).

46. *A strengthening Electuary.*

TAKE roots of satyrion and eringo candied, of each one ounce; powders of cinnamon, sweet fennel seeds, and preserved ginger, of each half an ounce; mace, roots of contrayerva and Spanish angelica, of each one dram; troches of Vipers, one ounce; juice of Kermes, six drams; tincture of cantharides, half a dram; syrup of cloves, a sufficient quantity to make an electuary. Let the quantity of a large nutmeg be taken every morning early, at about five o'clock every afternoon, and at night going to bed; and let this course be continued as long as the case requires. Three spoonfuls of the following wine should be drank after each dose, to the efficacy of which it will make a considerable addition.

TAKE Canary wine, two quarts, cloves, nutmegs, long pepper, lesser cardamon seeds,
 Virginia

Virginia snake root, and cochineal, of each one dram and a half; fyrup of citron peels, four ounces: infuse the aromatics, and mix in the fyrup.

47. *Another strengthening Eleſtuary.*

TAKE conserve of orange peels, one ounce. Venice treacle, and confeſtion of kermes, of each half an ounce; ſpecies of diambæ, winter's bark, powder of ſaffron, leſſor cardamon feeds, carraways, powdered nutmegs, Virginian ſnake root, and cloves, of each one dram; viper's fleſh, an ounce; baſmamic fyrup, enough to make an eleſtuary. Let this be taken in the ſame quantities, and at the ſame intervals as the other, drinking after it four ſpoonfuls of the following infuſion :

TAKE cinnamon powdered, one ounce; ſweet fennel feeds, bruifed, and lavender flowers, of each half an ounce; Spaniſh angelica root, ginger, contrayerva, mace, and cochineal, of each one dram and an half; canary wine, two quarts; infuſe according to art for two or three days, and to the ſtrained infuſion, add fyrups of ſafron and cloves, of each two ounces.

Both of the foregoing eleſtuaries and infuſions are moſt excellent for the purpoſe of curing ſterility.

lity. They rectify and warm the blood and juices, increase the spirits, invigorate and revive the whole human machine, and not only raise the appetite to venereal embraces, but remove the usual obstructions of fertility, prepare the semen for performing its office, and the ova for impregnation. In a word, they warm, comfort, and excite the generative powers to admiration, and seldom fail of performing a cure in twenty or thirty days, if duly followed, and the barrenness or imbecility be not absolutely incurable by medicine.

48. *A strengthening Bolus.*

TAKE Spanish angelica root, cinnamon, powdered castor, and salt of vipers, of each five grains; mithridate, two scruples; oil of nutmeg, two drops; syrup of cloves, enough to make a bolus. Let this be taken twice a day, morning and evening for ten or fourteen days, drinking after it a few spoonfuls of Canary wine, or the following cordial draught:

TAKE black cherry water, two ounces and a half; syrup of citron peels, six drams; tincture of cantharidies, three drops: mix for a single draught.

The same mixture may be drank after either of the other boluses, which here follow:

TAKE

TAKE Virginia snake root, compound powder of rosemary leaves, carraways and nutmegs, powdered, of each five grains; oil of cloves, one drop; Venice treacle, two scruples; syrup of citron peels, enough to make a bolus.

TAKE cochineal, ginger, aloes wood, cloves, and mace, all powdered, of each four grains; oil of fennel, two drops; balsam of Peru, four drops; conserve of oranges, two scruples; syrup of saffron, a sufficient quantity to make a bolus. Either of these may be continued a lesser or a longer time, according to the weakness of the patient; but usually fifteen or twenty of them, taken night and morning, are found sufficient to answer all the purposes that can be expected from stimulating medicines.

49. *Strengthening Drops.*

The following drops will be no less effectual to those who may prefer that form:

TAKE spirits of clary, saffron, and castor, and tincture of cantharidies, of each one dram: mix. Take about fifteen drops, thrice in a day, in a glass of wine, or any proper vehicle.

50. *Strengthening*

40. *Strengthening Powder.*

The following prolific species, or powder, without the use of cantharides, may answer the same intention. Some, therefore, in all likelihood, will prefer it, who have an aversion to that violent provocative:

TAKE balsam of tolu, gum storax, and lavender flowers, of each half an ounce; viper's flesh pulverized, two ounces; cinnamon pulverized, three drams; Winter's bark, two drams; powders of safron, castor, galengals, sweet fenel seeds, and carraway seeds, of each one dram and a half; flowers of benjamin, ginger, and long pepper, contrayerva, lesser cardamon seeds, species diambraë, compound powder of rosemary flowers, cloves, nutmegs, and mace, of each one dram: mix them well together. The dose of this powder is one scruple, taken twice every day, in a glass of such liquor as the patient shall think most agreeable.

51. *A Strengthening Tincture.*

TAKE Spanish angelica root, contrayerva, Virginian snake root, ginger and lesser cardamon seeds, of each six drams; nutmegs and cloves of each three drams; mace and cochineal, of each

each one dram and a half; spirits of clary, lavender, compound castor, and safron, of each one pint: digest according to art. To every half ounce of this tincture, add tincture of cantharides, half a dram. Let thirty drops be taken twice or three times every day.

Some women who may object against the generality of remedies for this intention, may be induced to take a glass of the following clear, grateful water, under the notion of a cordial:

TAKE Spanish angelica root, lesser galangals, florentine orris, horse raddish, dragon's blood, of each two ounces; clary and baum, of each six handful; lavender flowers four handful; seeds of sweet fennel, carraways and greater cardamoms, castor, safron, and cinnamon, of each one ounce; juniper berries, two ounces; cloves and nutmegs, of each half an ounce; best French brandy, two gallons; spring water, a sufficient quantity for distillation: draw off two gallons of water, to which add double refined sugar enough to make it palatable.

During the use of internals, external liniments are found to be of service. The following are justly applauded for their efficacy:

TAKE soldier's ointment, two ounces; oil of nutmeg by expression, two drams; tincture of castor, half an ounce: mix. Or,

TAKE

TAKE nerve ointment, two ounces; oil of mace by expression, one dram and a half; balsam of Peru, two drams; chemical oils of lavender, cloves and rhodium, of each four drops: mix. Or,

TAKE palm oil, two ounces; oils of marjoram, origany, and mint, of each five drops; tincture of castor, half an ounce: mix.

Anoint the parts between whiles with either of these liniments; that is to say, the penis and scrotum, if it be for a man, and the pudendum, if for a woman, and it will not fail of administering comfort and strength.

F I N I S.









